

ONE-PUNCH MAN

The main illustration features Saitama in his iconic blue suit, looking down with a serious expression. He is surrounded by various mechanical and organic elements, including a large, glowing orange energy source at the bottom. In the background, Genos is visible on the left, and a smaller character is on the right, looking up in surprise or concern. The overall color palette is dominated by blues, greys, and oranges.

19

STORY BY
ONE
ART BY
YUSUKE
MURATA

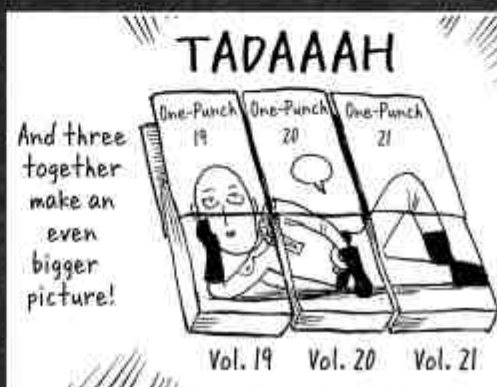
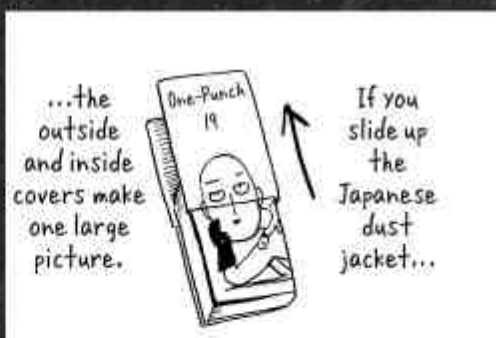


O N E

I'm glad Saitama got an action figure.
Gazing at it soothes my soul.

—ONE

Manga creator ONE began *One-Punch Man* as a webcomic, which quickly went viral, garnering over 10 million hits. In addition to *One-Punch Man*, ONE writes and draws the series *Mob Psycho 100* and *Makai no Ossan*.



Y U S U K E
M U R A T A

Starting with this volume, the Japanese covers are special, so be sure to check out each volume through volume 21!

—Yusuke Murata

A highly decorated and skilled artist best known for his work on *Eyeshield 21*, Yusuke Murata won the 122nd Hop Step Award (1995) for *Partner* and placed second in the 51st Akatsuka Award (1988) for *Samui Hanashi*.

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ONE + YUSUKE MURATA

★THE STORIES, CHARACTERS AND INCIDENTS MENTIONED
IN THIS PUBLICATION ARE ENTIRELY FICTIONAL.



ONE-PUNCH MAN

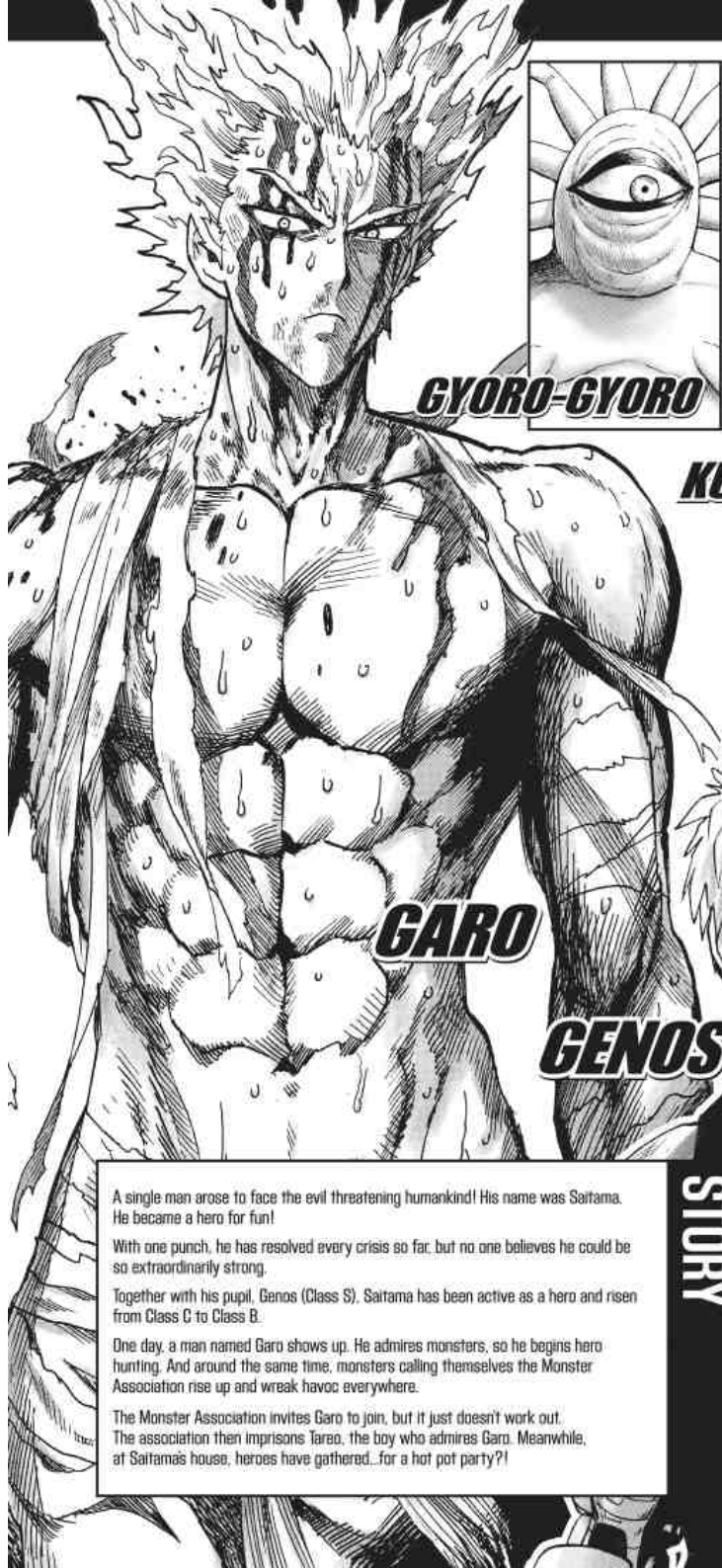
STORY BY
ONE

ART BY
YUSUKE MURATA

19

ALL MY
CABBAGE

CHARACTERS



GYORO-GYORO



KING THE RIPPER



KUSENO

GARO



GENOS

STORY

A single man arose to face the evil threatening humankind! His name was Saitama. He became a hero for fun!

With one punch, he has resolved every crisis so far, but no one believes he could be so extraordinarily strong.

Together with his pupil, Genos (Class S), Saitama has been active as a hero and risen from Class C to Class B.

One day, a man named Garo shows up. He admires monsters, so he begins hero hunting. And around the same time, monsters calling themselves the Monster Association rise up and wreak havoc everywhere.

The Monster Association invites Garo to join, but it just doesn't work out. The association then imprisons Tareo, the boy who admires Garo. Meanwhile, at Saitama's house, heroes have gathered...for a hot pot party?!



BLIZZARD



SAITAMA



BANG



BOMB



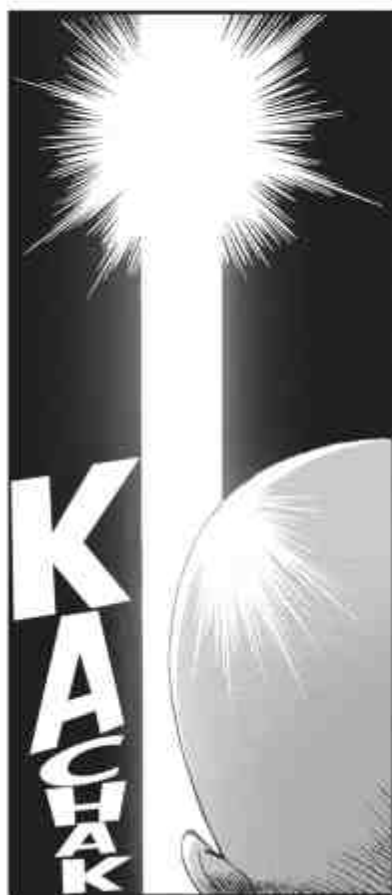
TAREO



WAGANMA



KING



ONE-PUNCH MAN VOLUME NINETEEN

ONE + YUSUKE MURATA

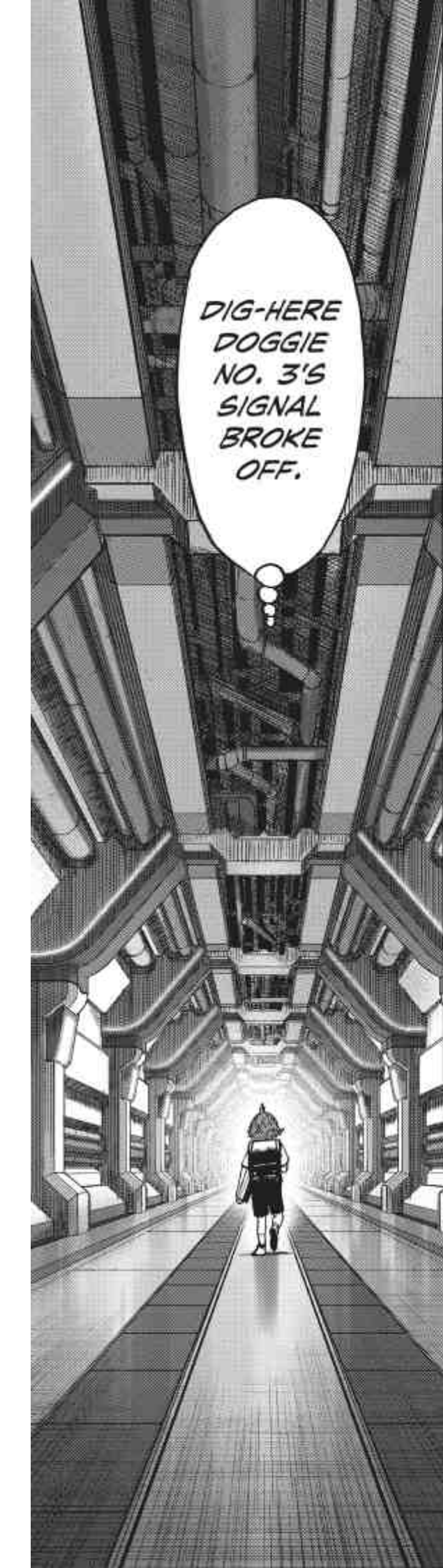
My name is Saitama. I am a hero. My hobby is heroic exploits. I got too strong. And that makes me sad. I can defeat any enemy with one blow. I lost my hair. And I lost all feeling. I want to feel the rush of battle. I would like to meet an incredibly strong enemy. And I would like to defeat it with one blow. That's because I am One-Punch Man.

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A black and white manga panel showing a character with spiky hair, wearing a dark jacket and shorts, walking away from the viewer down a long, brightly lit industrial tunnel. The tunnel has a high ceiling with complex piping and structural beams. The floor is made of large, light-colored tiles.

DIG-HERE
DOGGIE
NO. 3'S
SIGNAL
BROKE
OFF.







BUT
WE NEED
EVERYONE
POSSIBLE...

WATCHDOG
MAN AND
METAL
KNIGHT ARE
REFUSING TO
PARTICIPATE.



AND
I STILL
HAVEN'T
CON-
TACTED
...

ZOMBIEMAN
IS ON HIS
WAY HERE.



I PLAN TO
INCLUDE
THEM ON
THE TEAM.

...SILVER-
FANG...

...AND
KING.

...DEMON
CYBORG...

CLASS-S
HEROES
ARE CRUCIAL
FOR THIS
OPERATION.



I
ACTUALLY
...

...DID SOME
DIGGING ON
DEMON
CYBORG.



WAIT A
SECOND.



DOESN'T
THAT SOUND
SUSPICIOUS?

FURTHER-
MORE,
HIS BIRTH-
PLACE IS
NO LONGER
ON THE MAP.

...AND THE
MONSTERS'
HIDEOUT IS
SOMEWHERE
AROUND
THERE.

HE LIVES
IN THE
GHOST
TOWN IN
CITY 2...

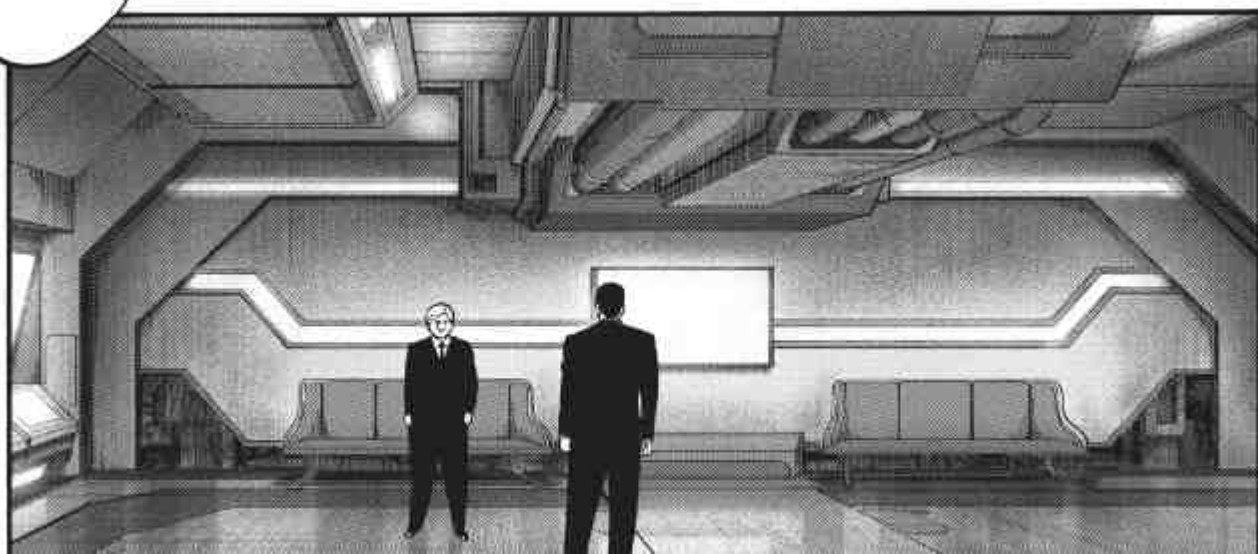
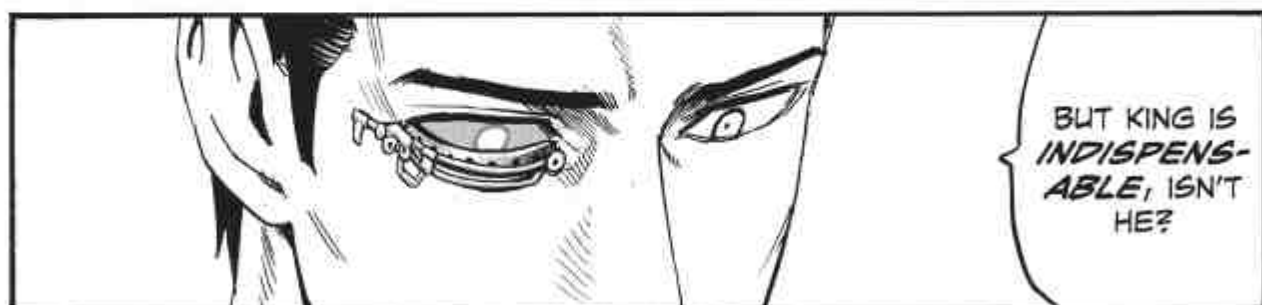


WHY THE
SUDDEN
INTEREST?

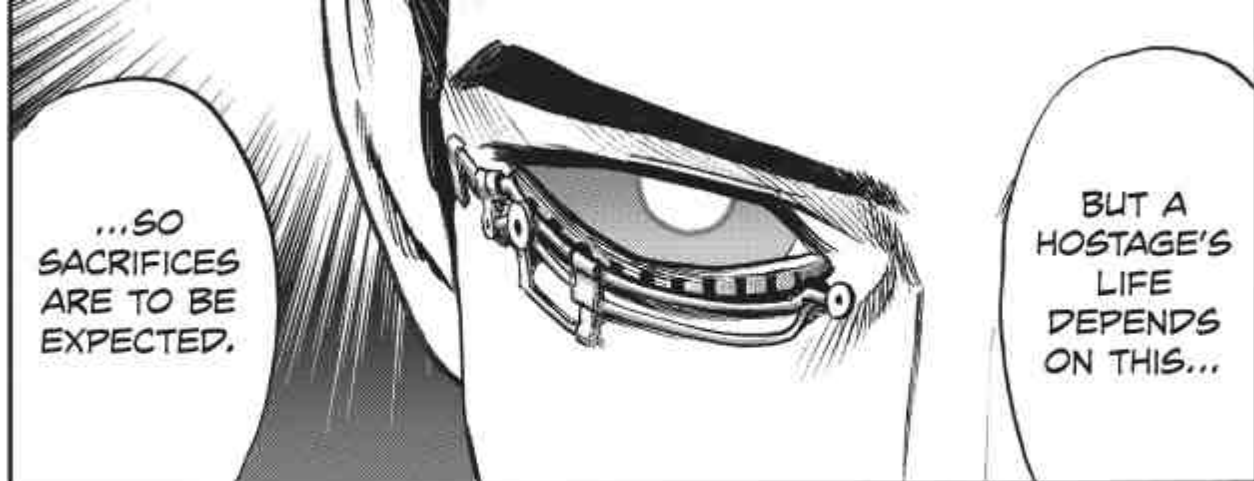
MANY
HEROES HAVE
MYSTERIOUS
BACKGROUNDS
AND SECRETS.











...SO
SACRIFICES
ARE TO BE
EXPECTED.

BUT A
HOSTAGE'S
LIFE
DEPENDS
ON THIS...



OH, RIGHT.
YOU'RE IN
CHARGE OF
ADDRESSING
SHIBABAWA'S
PROPHECY.

SO I
UNDER-
STAND
WHAT
YOU'RE
SAYING.



SEKIN-
GAL...

IF
HEROES
DIE OR
ARE
INJURED,
IT WILL
DEplete
OUR
NUMBERS.

...
HAVE
YOU
THOUGHT
ABOUT
WHAT
COMES
NEXT?



YOU
WANT TO
PREPARE
FOR AN
EVEN
GREATER
THREAT
LOOMING
IN THE
FUTURE.

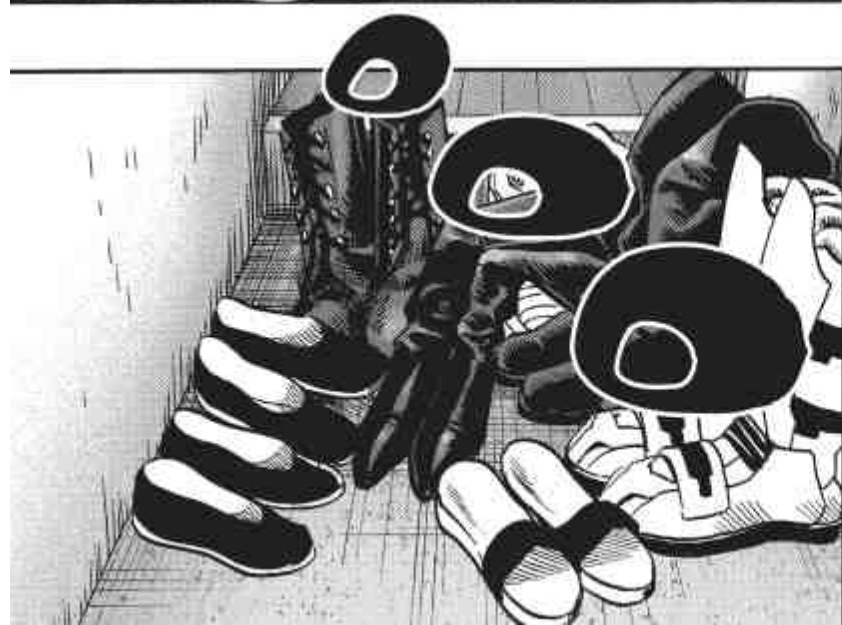




AND I
FORBID
YOU FROM
CONTACTING
SILVERFANG
AND THE
OTHERS.

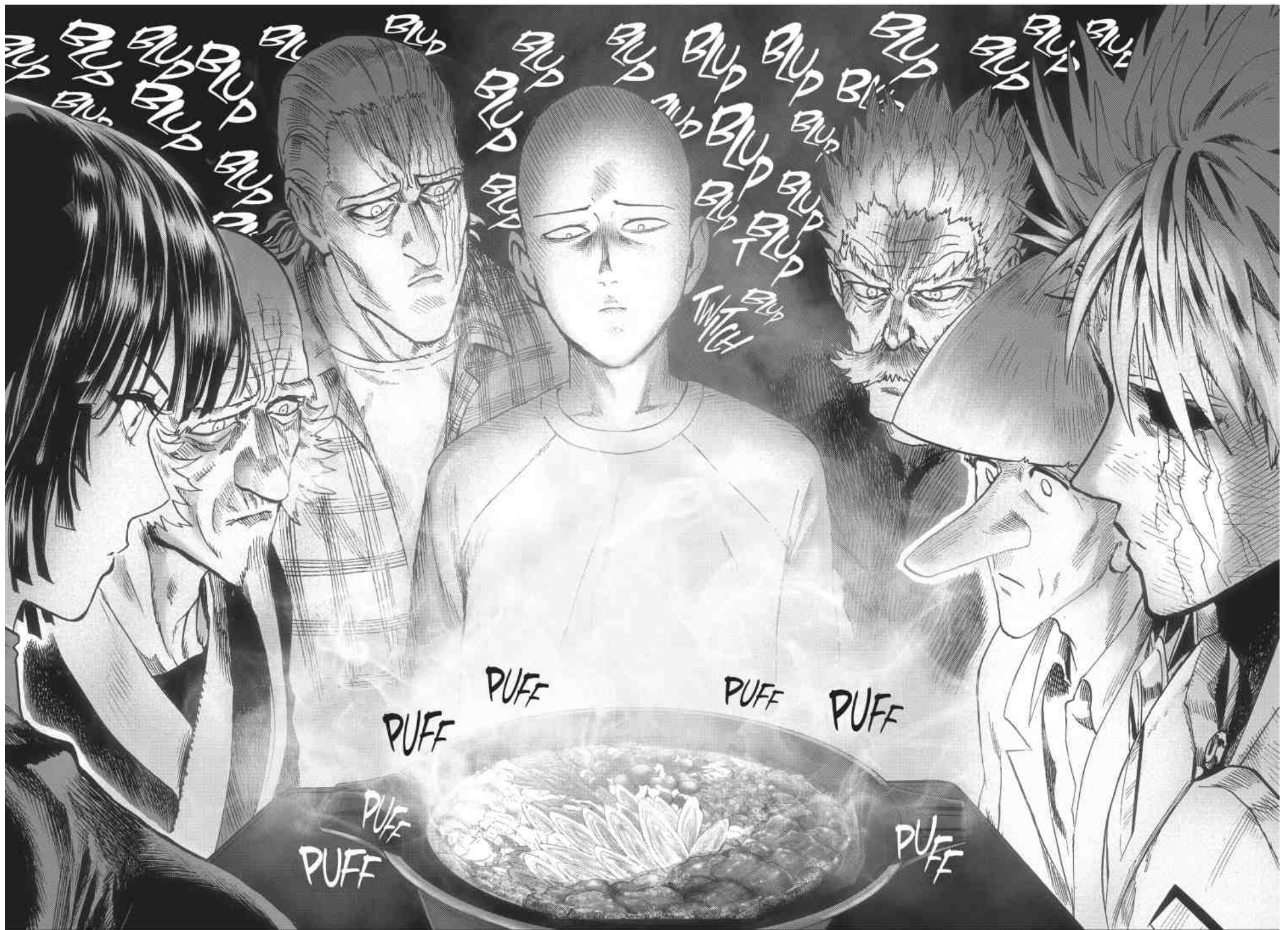


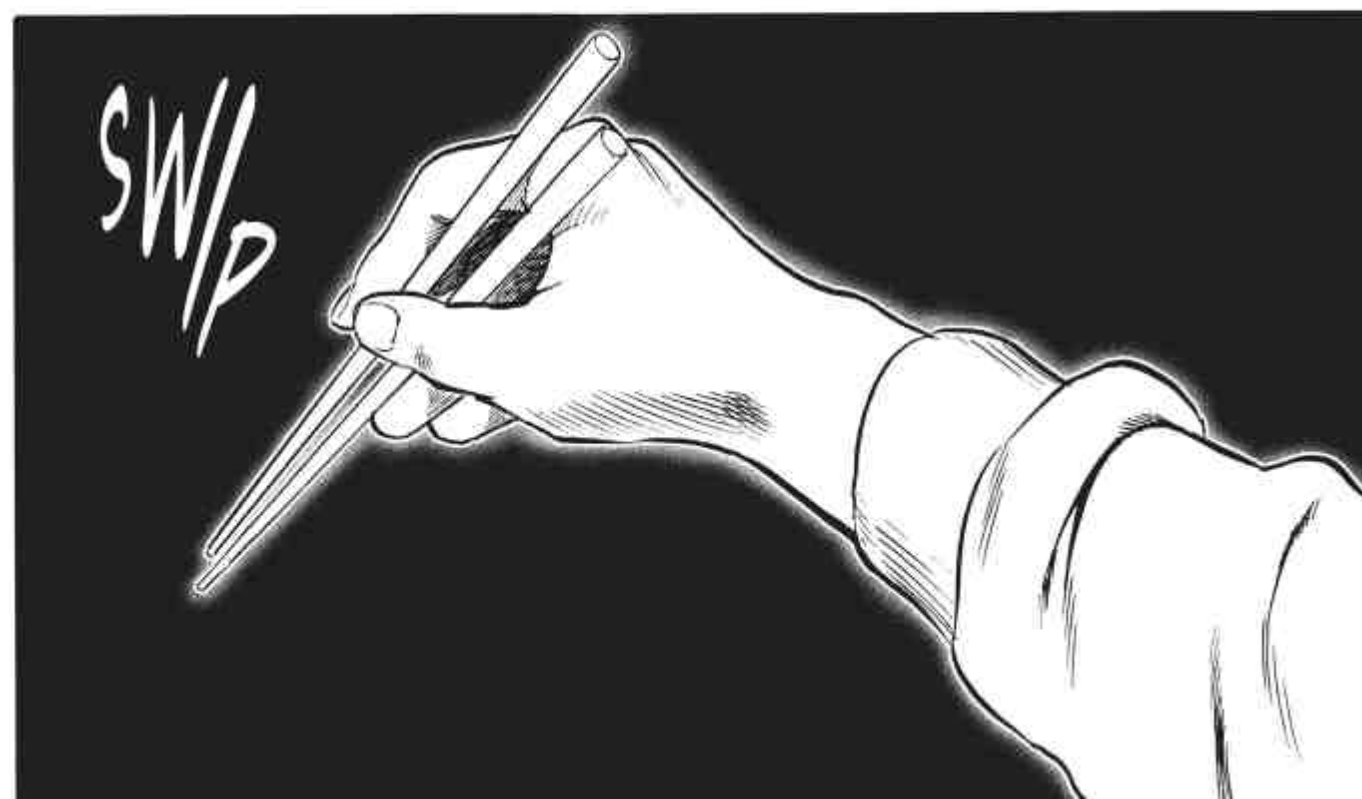
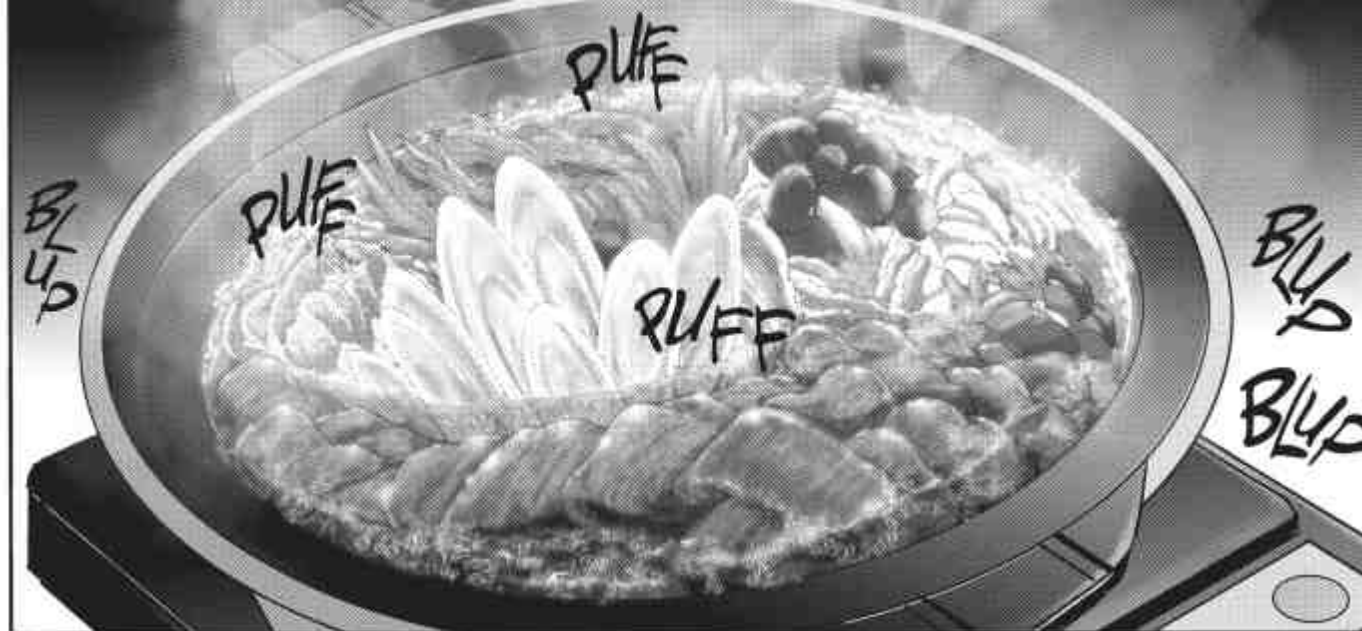
...



SO WHAT
COMES
NEXT IS
IRRELEVANT.

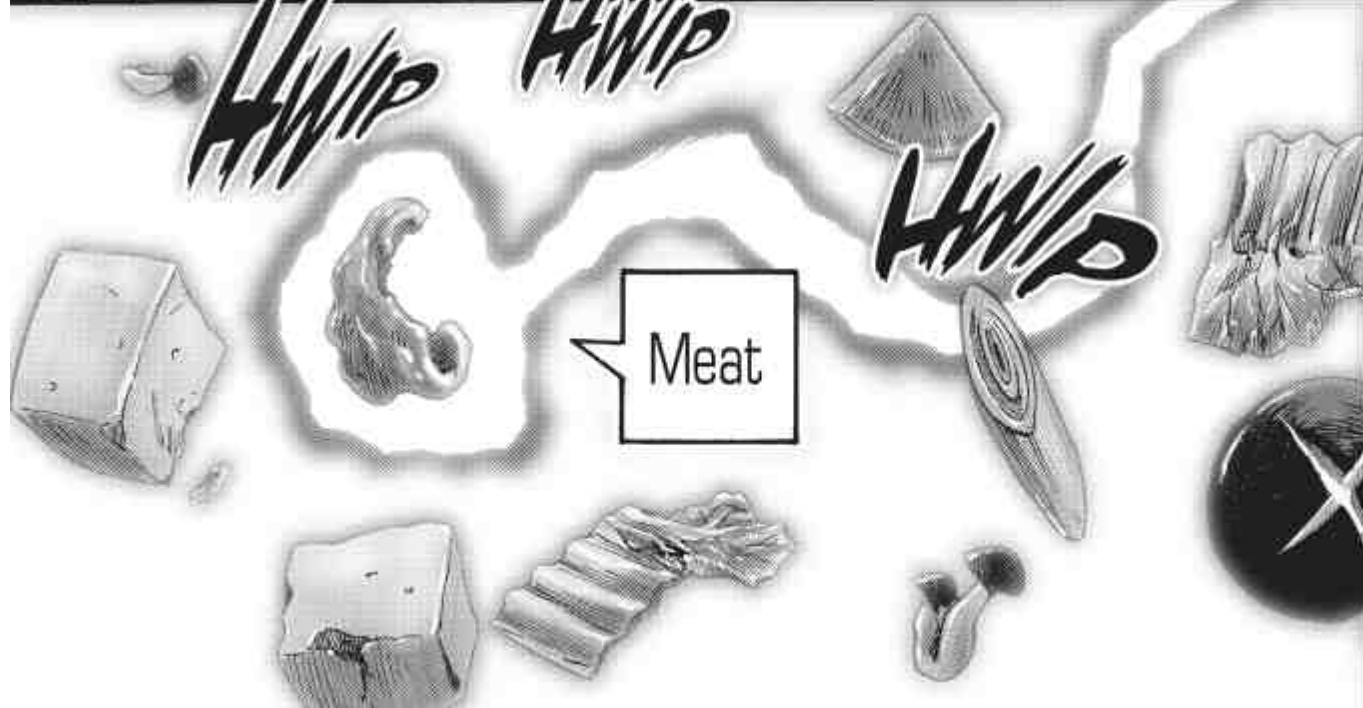
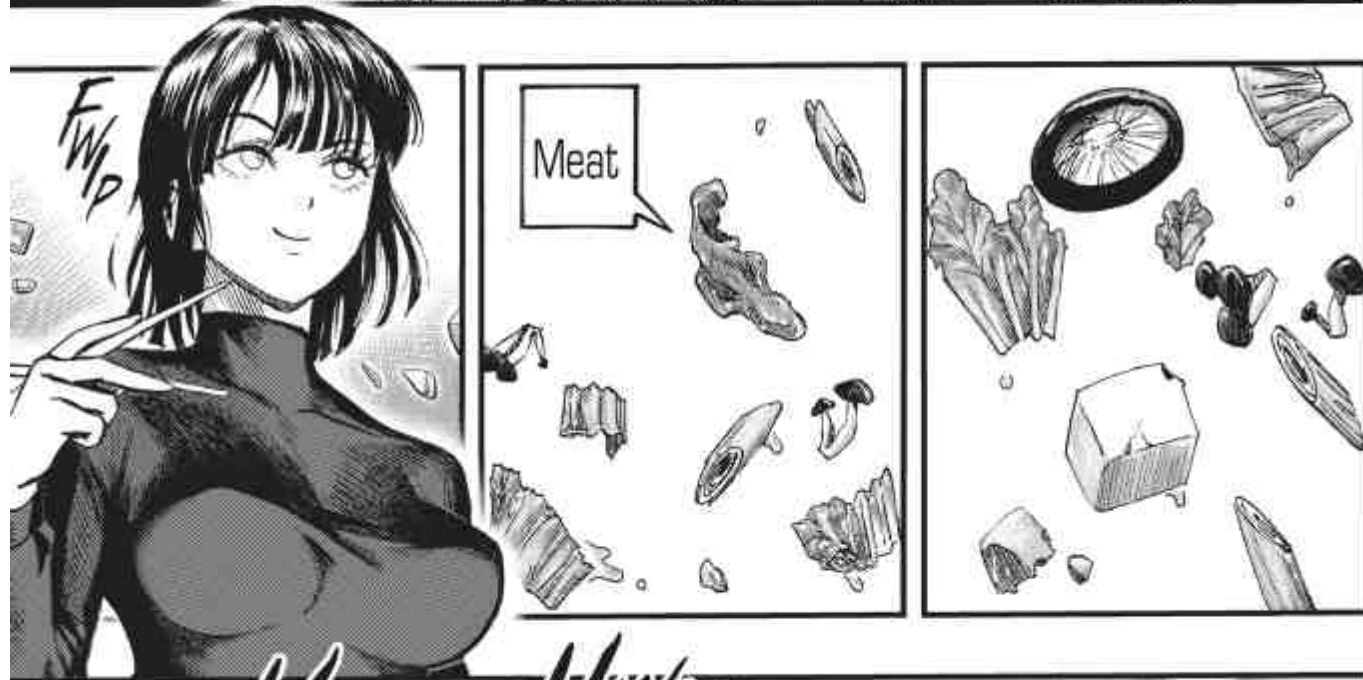
IN ANY
CASE, I
AM TEAM
LEADER.



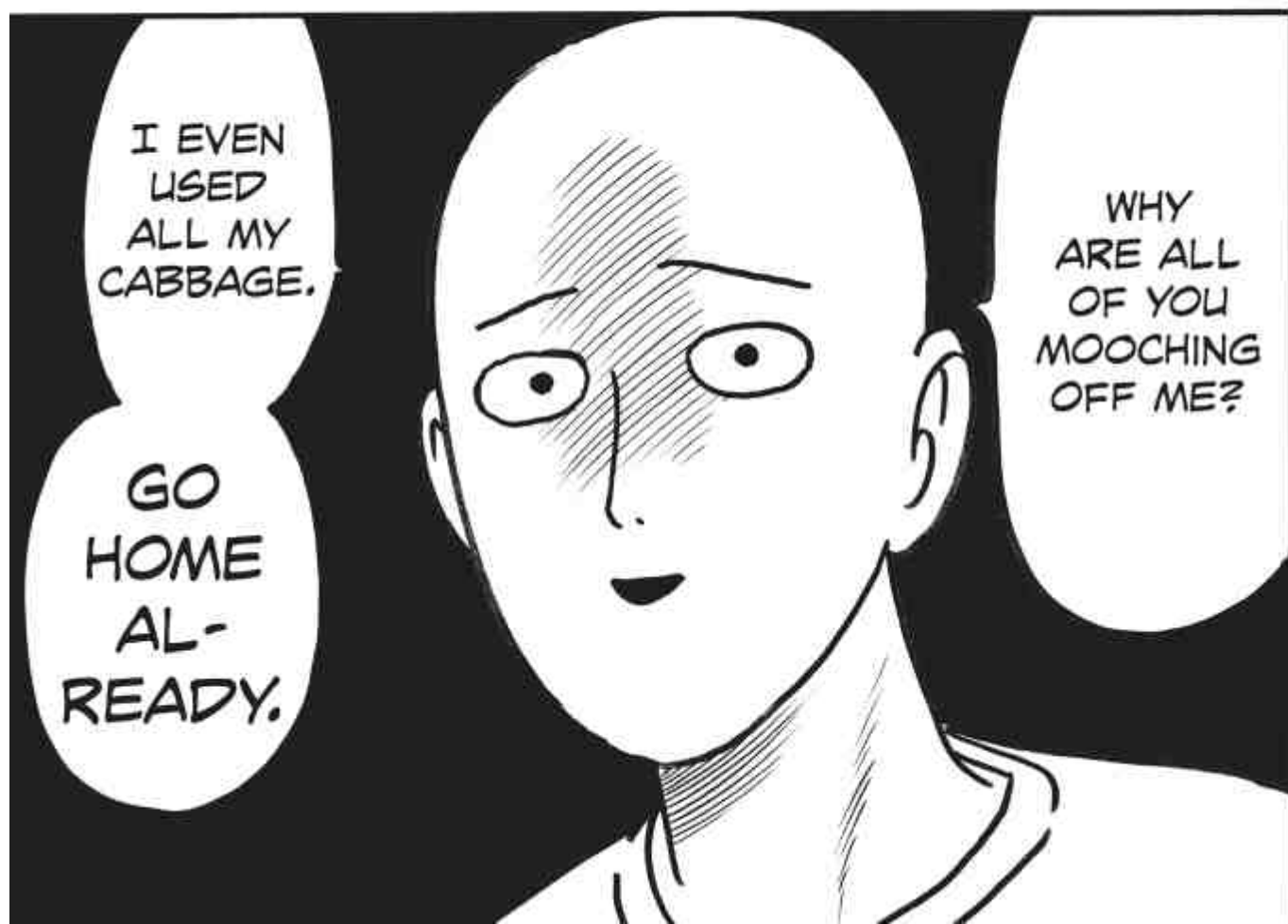
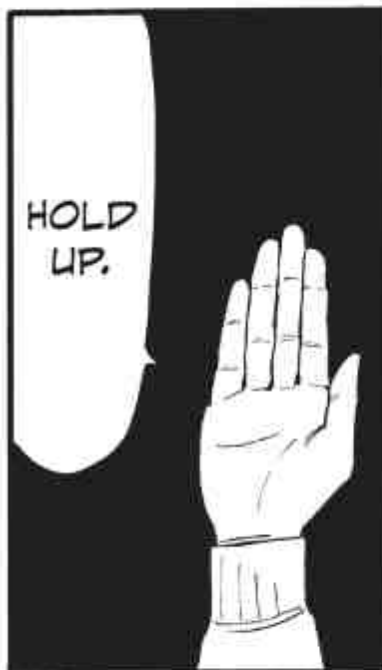














THAT
INCLUDES
YOU.

THAT'S
RIGHT. GO
HOME. IT'S
CRAMPED
IN HERE!



IF YOU
WANT TO
JOIN THE
BLIZZARD
BUNCH,
THEN YOU
MUST
PROVE
YOUR
VALUE.



DO
SILVERFANG
AND THIS
CIVVIE
SENIOR
CITIZEN
EVEN HAVE
THE RIGHT
TO BE
HERE?



NO,
GENOS!
DON'T
BREAK
ANY-
THING!

I AM
GOING TO
ANNI-
HILATE
HER.



HUH?
BLIZZARD
BUNCH?

SZZZ
...



YOU CAN
FORGET
ABOUT
FIGHTING,
SHARE A
HOT POT
AND SPEAK
OPENLY...

...HERE
WITH YOUR
NEW
FRIENDS.

BUT I'M
HAPPY
TO SEE
THIS NEW
SIDE OF
YOU.



THIS
ISN'T
LIKE
YOU.

CALM
DOWN,
GENOS.

YES,
DR.
KUSE-
NO.



YES.

OH?
BUT ISN'T
SHE YOUR
COWORKER?

THAT'S
RUDE.

BUT
THAT IS A
COMPLETELY
DIFFERENT
MATTER.

OH.

...THIS
SHE-
DEVIL
IS NOT
MY
FRIEND.

DOCTOR
...



I COULD
EMPLOY
YOU IN THE
BLIZZARD
BUNCH'S
WEAPONS-
DEVELOPMENT
DEPARTMENT.



WHICH
IS YET
ANOTHER
NEW SIDE
OF HIM!

HE HAS
NEVER
DISAGREED
WITH ME SO
ADAMANTLY.



YOU
MUST HAVE
INCREDIBLE
SKILLS
TO MAKE
DEMON
CYBORG'S
WEAPONRY.

YOUR
NAME IS
KUSENO,
RIGHT?



SAI-
TAMA
...

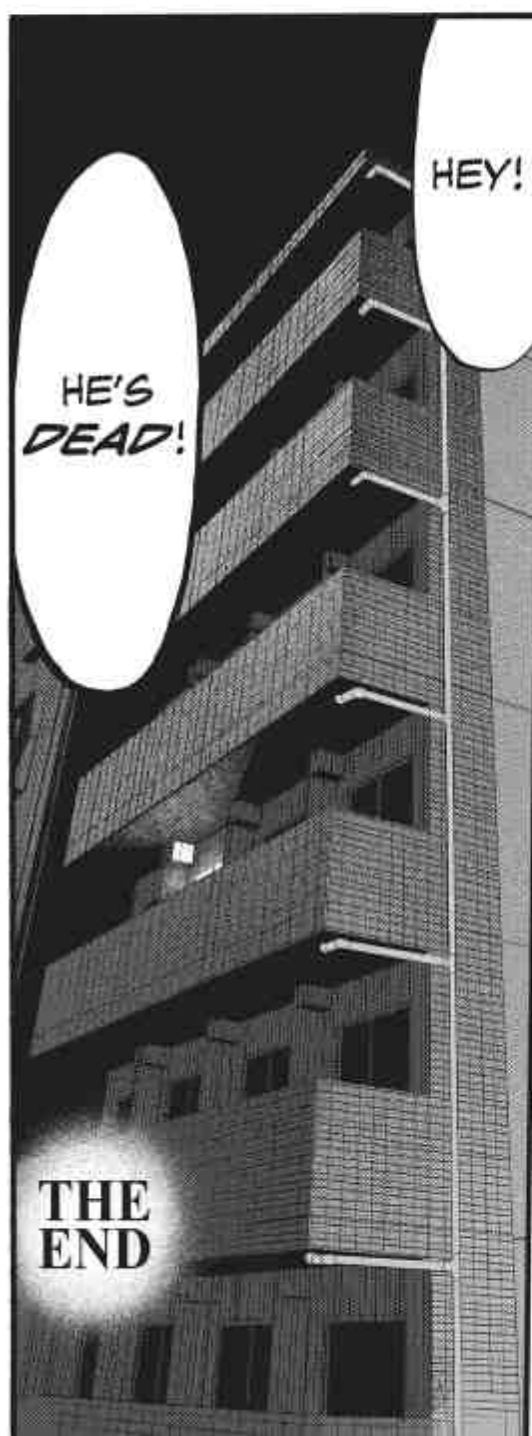


LISTEN,
YOU...

NO...
IT'S
QUITE
ALL
RIGHT.

STOP
BEING
RUDE TO
DR. KUSENO,
OR I WILL
INCINERATE
YOU.

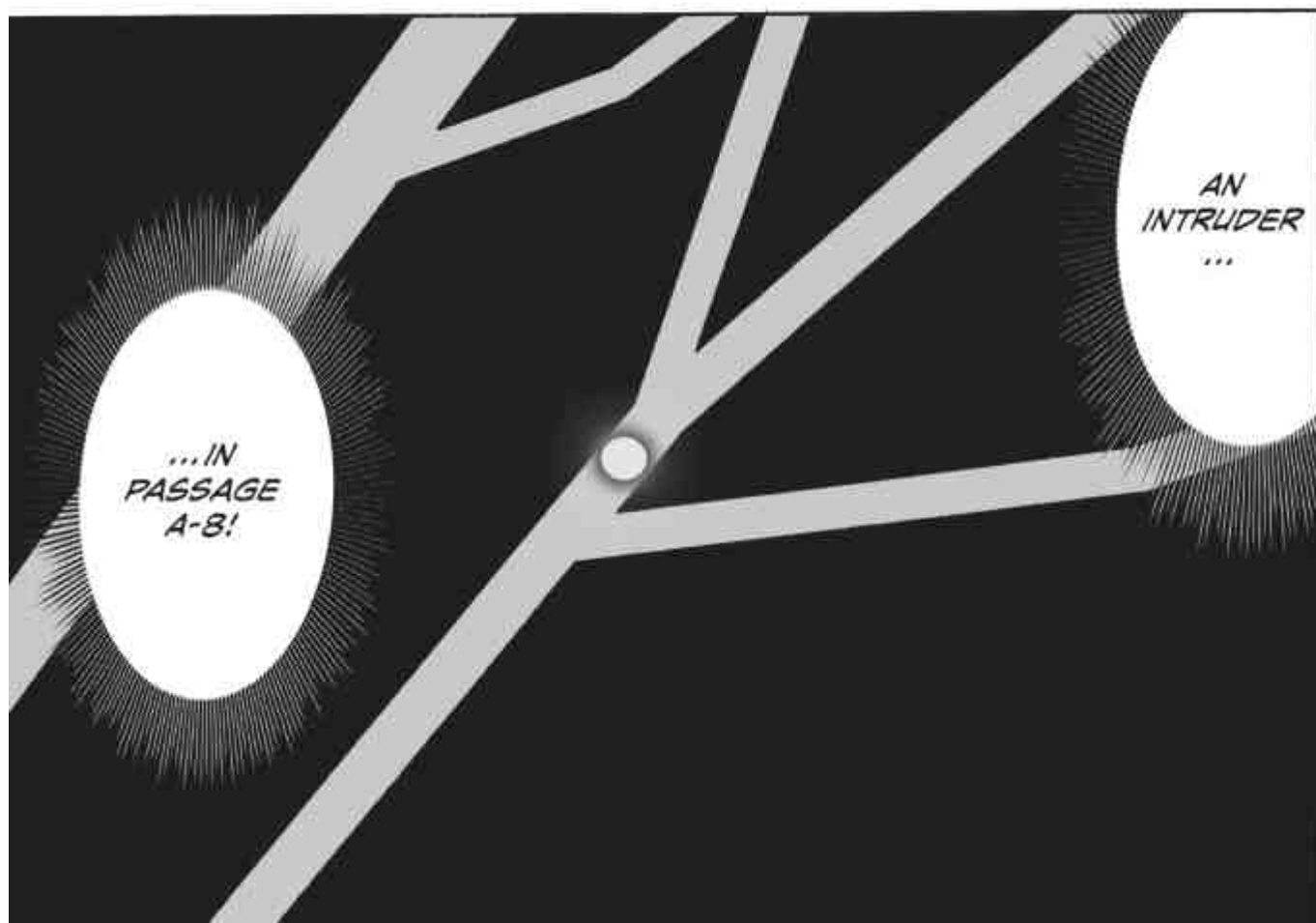


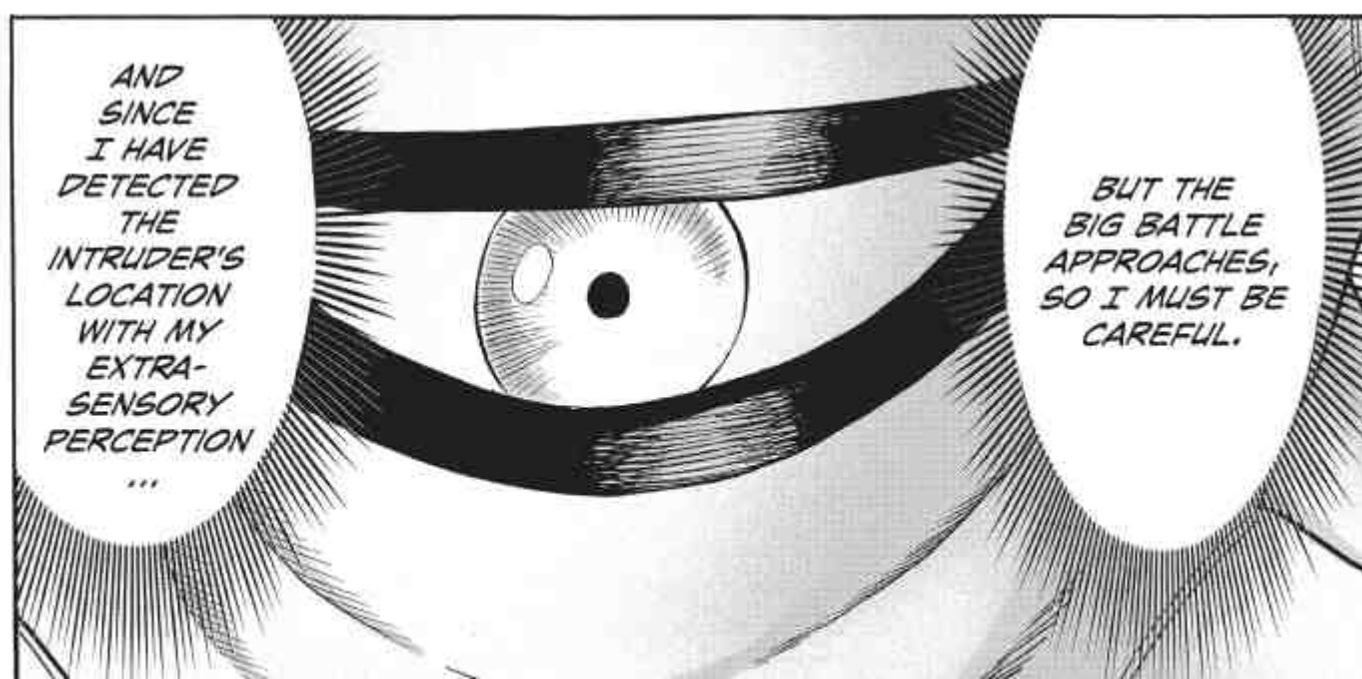
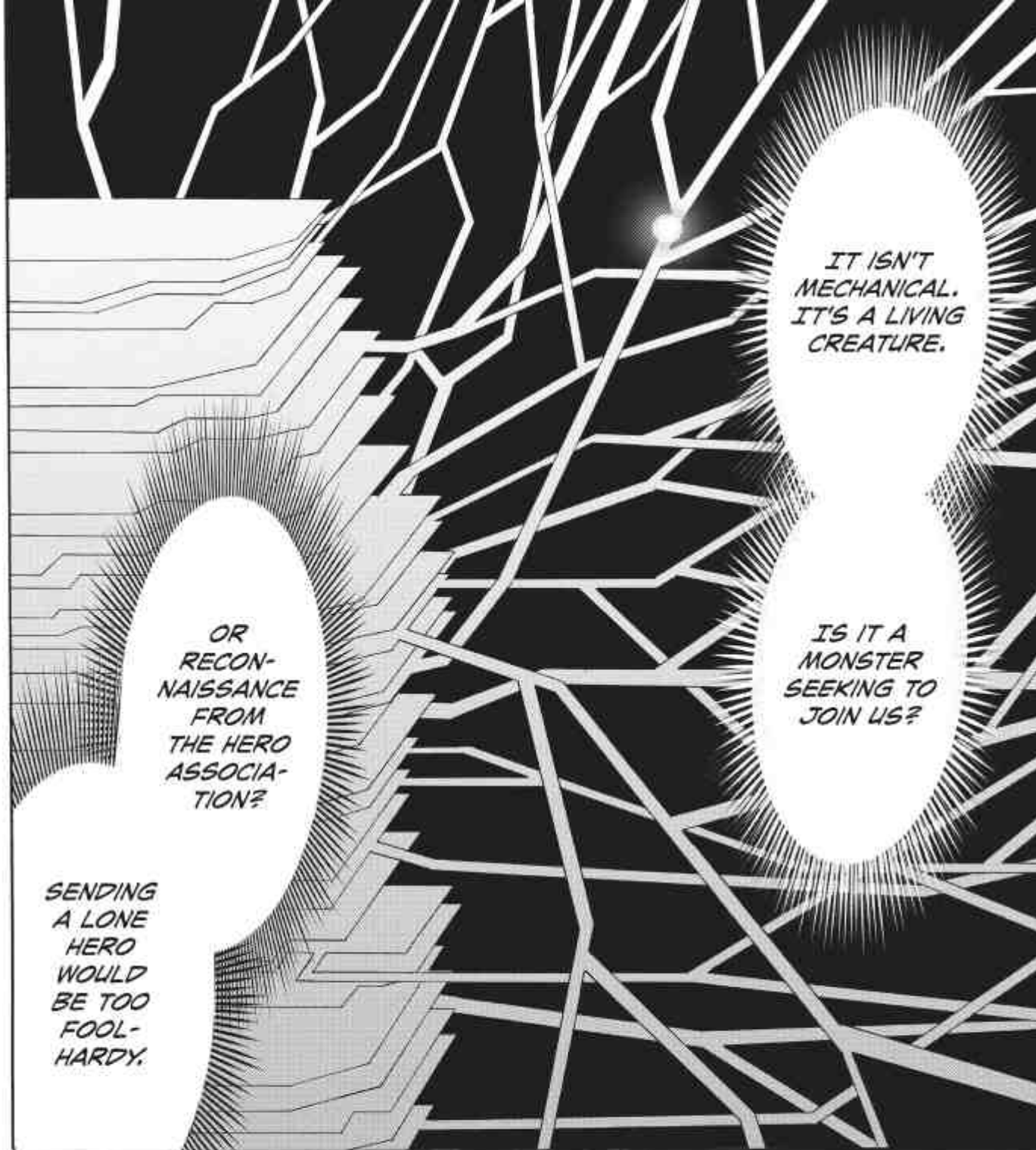




PUNCH 92:
BECAUSE I'M A MONSTER











I...
I'M THE
ONLY ONE
WHO
STAYED
OVER?
SORRY.

AND
GENOS IS
GETTING
REPAIRS.

I KICKED
'EM OUT
AFTER
DINNER.

IT'S
PLASTIC-
BOTTLE
DAY.
THANKS.

BUT ON YOUR
WAY HOME, TAKE
OUT THE TRASH.
THE DUMP IS WAY
OUT IN A PLACE
WHERE PEOPLE
ACTUALLY LIVE.

THAT'S
ALL
RIGHT.

I SLEPT
REALLY
WELL.

WOW...



MAYBE
ALL THE
MONSTERS
LEFT
BECAUSE
SAITAMA
LIVES
HERE...

WHAT A NICE
MORNING!
ESPECIALLY
WITH NO
PEOPLE
OR CARS
AROUND TO
DISTURB IT!

PEOPLE
LEFT THIS
GHOST TOWN
BECAUSE OF
TOO MANY
MONSTERS,
BUT I DON'T
SEE ANY.

...LIKE HOW
OWNING A
CAT GETS
RID OF
MICE.

BUT
SOMETIMES
A WHOLE
BUNCH ARE
STILL IN THE
ATTIC.



YUCK...
THE VERY
IDEA GIVES
ME CHILLS!

DO
MONSTERS
GATHER
UNDER-
GROUND
LIKE RATS?







WHAT
ARE THOSE
STAINS
ON YOUR
CLOTHES?!



WHERE
WERE
YOU
LAST
NIGHT?

SORRY.
MY TRANS-
MITTER
BROKE IN
MY LAST
FIGHT.

UM,
CITY
Z.



YOU MUST
HAVE BEEN
LOCKED IN
FIERCE
BATTLE
AGAINST
MONSTERS
ALL NIGHT!

WELL,
WE HAD
HOT POT
AND...

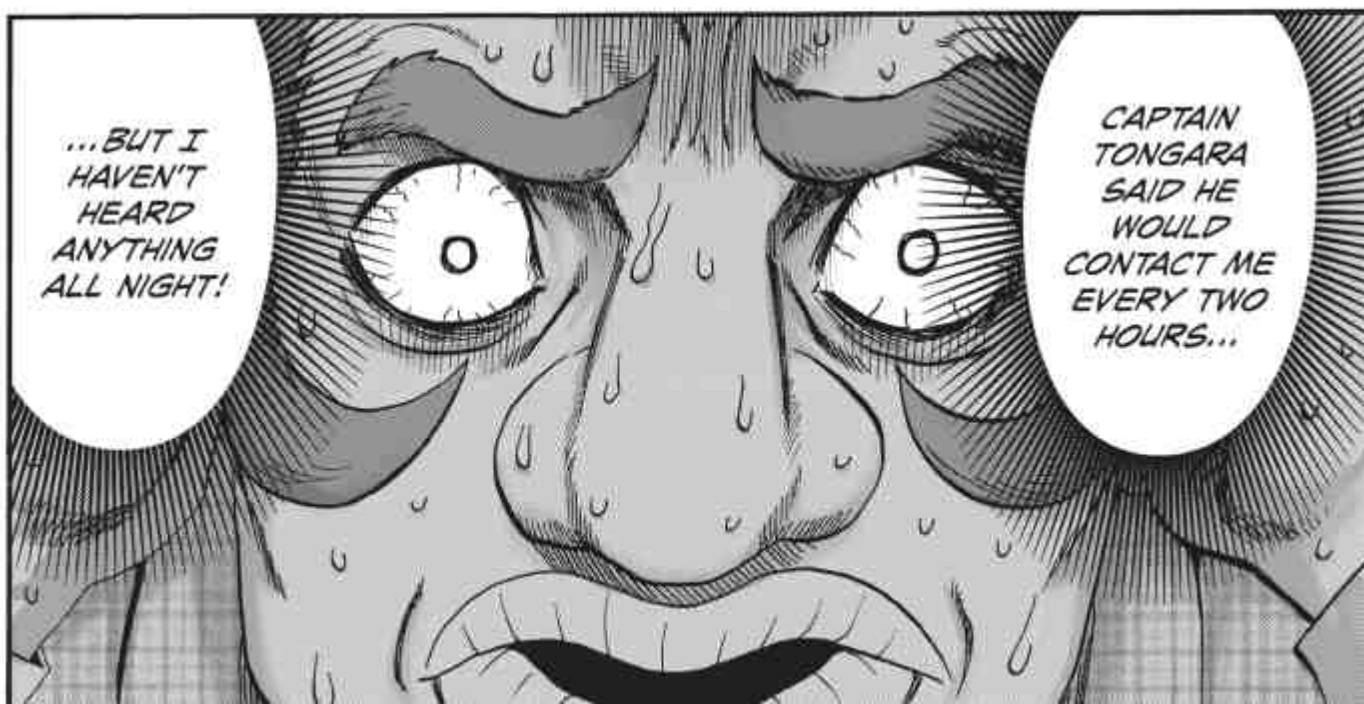
IS
THAT
GORE
FROM
A MON-
STER?!



...BUT
PLEASE
COME
WITH US
TO HEAD-
QUARTERS!

I HATE
TO ASK
THIS WHEN
YOU'RE SO
EXHAUSTED
...

KING!





WOULD
THEY
REALLY
FALL SO
EASILY?!

I SELECTED
THE FINEST
FIGHTERS
AND EQUIP-
MENT FOR
THAT UNIT...

...BUT
HAS IT
FAILED?!

DID THE
MONSTERS
KILL THEM
ALL?!

AND
WILL THE
SAME
THING
HAPPEN
TO THE
HEROES?!



SEKIN-
GAL,
I THINK
MY ELITE
UNIT GOT
WIPED
OUT!

WE HAVE
A ROOM
WHERE
YOU MAY
SLEEP.

...
WERE
YOU
AWAKE
ALL
NIGHT?



MR.
NARIN-
KI...







THAT'S
RIGHT!

ISN'T
THAT
RIGHT,
FLASHY
FLASH?

WHAT
WORKS IN
BATTLE IS
COURAGE
IN THE
FACE OF
EVIL!



SO
LEAVE
THIS TO
ME.

NO,
MERE *PEP*
WILL NOT
SUFFICE.

YOU
ONLY NEED
STRENGTH.



TAK

THOSE
WHO NEED
MONEY
TO ACT
ARE
WEAKER
THAN
MONEY...

...AND
THUS
NO USE
IN A
FIGHT
AGAINST
MON-
STERS.



SNEAKING
INTO THE
HIDEOUT
WILL BE
EASY.

AND I'M
HUNGRY TO
CRUSH JUST
SUCH AN
*ORGANI-
ZATION.*



BUT A
CHILD'S
LIFE IS AT
STAKE, SO
WE MUST
ACT AS A
TEAM.

IF MERE
KILLING
WOULD
SUFFICE,
I WOULD
HAVE
ALREADY
DONE IT.



I'VE
LOCATED
THEIR
HIDE-
OUT.

NOW WE
NEED KING
AND THE
BACKUP
HEROES.



I WILL
FIGHT
HARD TO
RESCUE THE
BOY AND
MY DARLING
PRISONERS!

I SWEAR
IT BY THIS
HAND-KNITTED
SWEATER!!



...AND
DEFEAT
THE
MONSTER
ASSOCI-
ATION!

...TO
RESCUE
THE
BOY...

WE
GO
IN AT
NOON
...

WHEN
YOU
WAKE
UP,
THIS'LL
ALL BE
OVER.

GET
SOME
SLEEP,
OLD
FART.



HEY!
MR. NARINKI
IS A TOP
ADVISOR TO
THE HERO
ASSOCIATION!

WE
CLASS-S
HEROES
STILL
NEED TO
DISCUSS
STRATEGY...

...SO
LET'S GET
MOVING.





I'LL
EXPLAIN
THE
VARIOUS
ROUTES,
SO-

I HAVE LOCATED
MULTIPLE ENTRY
POINTS, SO WE
WILL SPLIT UP
AND ENTER
SIMULTANEOUSLY.



FACING
THEM
AS ONE
GROUP
IS TOO
DANGER-
OUS.

YES,
BUT SO
WILL THE
MON-
STERS.

WE
JUST GOT
TOGETHER,
BUT NOW
WE'RE
GONNA
SPLIT
UP?



FLIKR

FLIKR

THESE
TRANSMITTERS
WILL KEEP YOU
INFORMED OF
ONE ANOTHER'S
POSITIONS.



AT
LEAST
ONE OF
US MUST
REACH
THE BOY.

FOR THE
HOSTAGE'S
SAFETY, THE
FIGHT MUST
BE SHORT.



YES. THE MONSTERS MUST NOT ESCAPE INTO RESIDENTIAL AREAS.



THEY WILL EXTERMINATE ANY MONSTERS WHO TRY TO FLEE.

THE SUPPORT TEAM WILL WAIT ABOVE-GROUND.

LIKE WHACKING MOLES WITH A HAMMER!



RE-
GARDING
THE
SUPPORT
TEAM...



...FOR
HANDLING
MONSTERS
UP TO
THREAT
LEVEL
TIGER.

...I AM
CONTACTING
HEROES OF
SUFFICIENT
RANK...



HM?
YES, OF
COURSE
I HAVE.

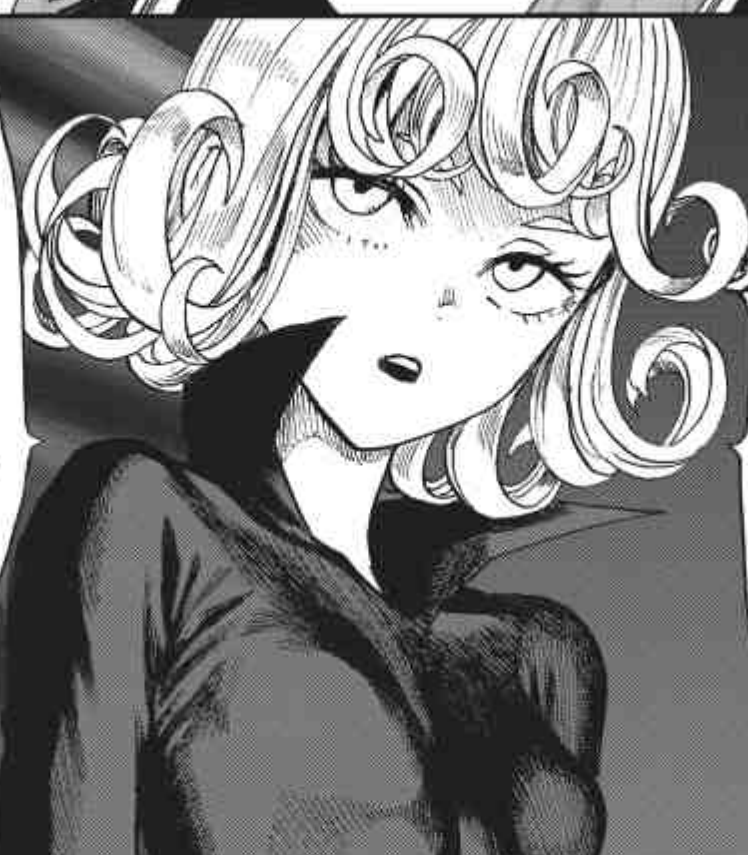
YOU
HAVEN'T
CALLED
BLIZZARD,
HAVE YOU?



I
FORBID
IT.

SHE'S ON
HER WAY
AS WE
SPEAK.

MISS
BLIZZARD
IS A
CAPABLE
FIGHTER.



SHE
MUSTN'T
FIGHT THE
MONSTER
ASSOCIATION.

DO NOT
EXPOSE
MY LITTLE
SISTER TO
DANGER.



WHAT
IS
YOUR
AN-
SWER?



BUT
...

UNDER-
STAND?

I WILL BE
ENOUGH.



SILENCE

I'LL
TELL
HER TO
STAND
DOWN.

UM...
VERY
WELL.

GOOD
MORNING.
HAVE YOU
BEEN A
GOOD
BOY?

YIKES!

CRINGE





NO FAIR!
LEMME
OUTTA
HERE!

WAP

HUH?!

HOW
COME
ONLY
HE GETS
TO GO
FREE?!



TAREO,
YOU CAN
COME
OUT.

WE'RE
GOING.



...SO
WE CAN
PLAY.

FREE?
NO,
NO...

WE'RE
GOING
TO MY
ROOM...



HELLP!!!

I
DON'T
WAN-
NA!

N-NO
WAY!

GET
GOING!

WELL,
YOU
HEARD
HIM.



I HATE
TO TELL
YOU,
BUT...



HURRY!
HELP
ME!!!

HEROES
!!!



! ...THE
HEROES ONLY
CARE ABOUT
THAT KID.



...SO NO
HEROES
ARE
COMING
TO YOUR
RESCUE.

NO ONE
EVEN
KNOWS
ABOUT
YOU...

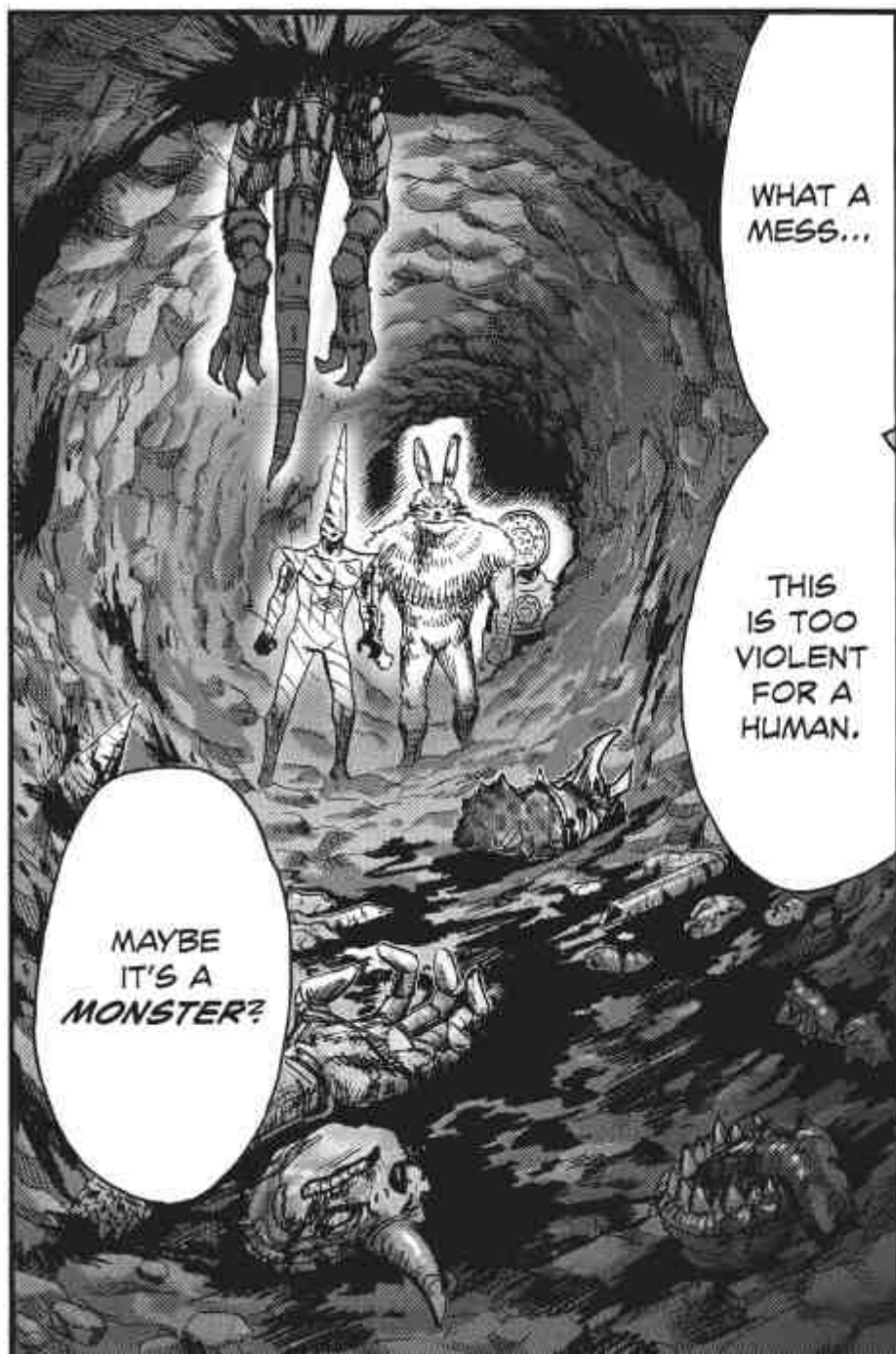
BG



...SO I
DOUBT
THE
H.A. IS
INVOLVED.

...AND
GYORO-
GYORO
SAYS THE
INTRUDER
IS ALONE
...

THE
MAIN
FIGHT
HASN'T
STARTED
YET...



WHAT A
MESS...

THIS
IS TOO
VIOLENT
FOR A
HUMAN.

MAYBE
IT'S A
MONSTER?

THE
MONSTERS
WHO WENT
TO CONFRONT
THE INTRUDER
NEVER CAME
BACK.

YOU
THINK
MAYBE
A HERO
DEFEATED
THEM?



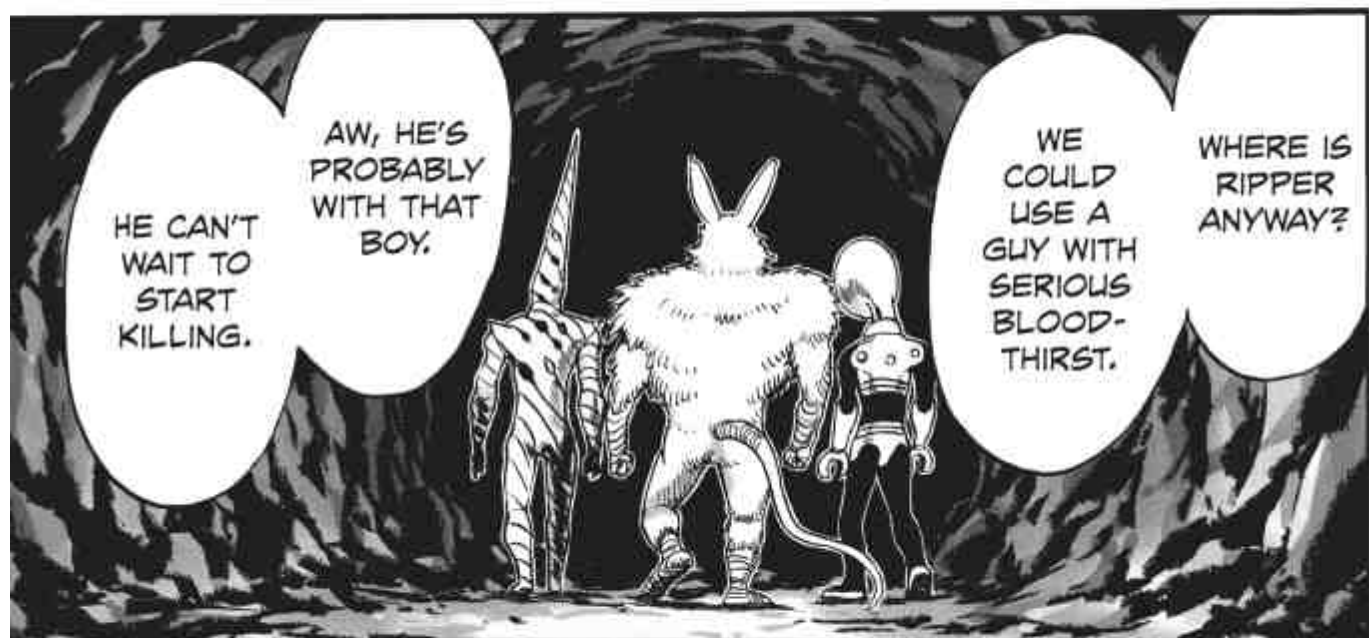
EITHER
WAY,
WE DO
WHAT
GYORO-
GYORO
SAYS.

WE
FIND THE
INTRUDER
AND
HANDLE
IT.

BUT
WE CAN'T
ALLOW A
DISTUR-
BANCE
BEFORE
THE BIG
FIGHT.

A LOT OF
MONSTERS
ACTUALLY
HATE US.

YEAH,
COULD
BE A
FEROCIOUS
ONE LIKE
RIPPER.



HE CAN'T
WAIT TO
START
KILLING.

AW, HE'S
PROBABLY
WITH THAT
BOY.

WE
COULD
USE A
GUY WITH
SERIOUS
BLOOD-
THIRST.

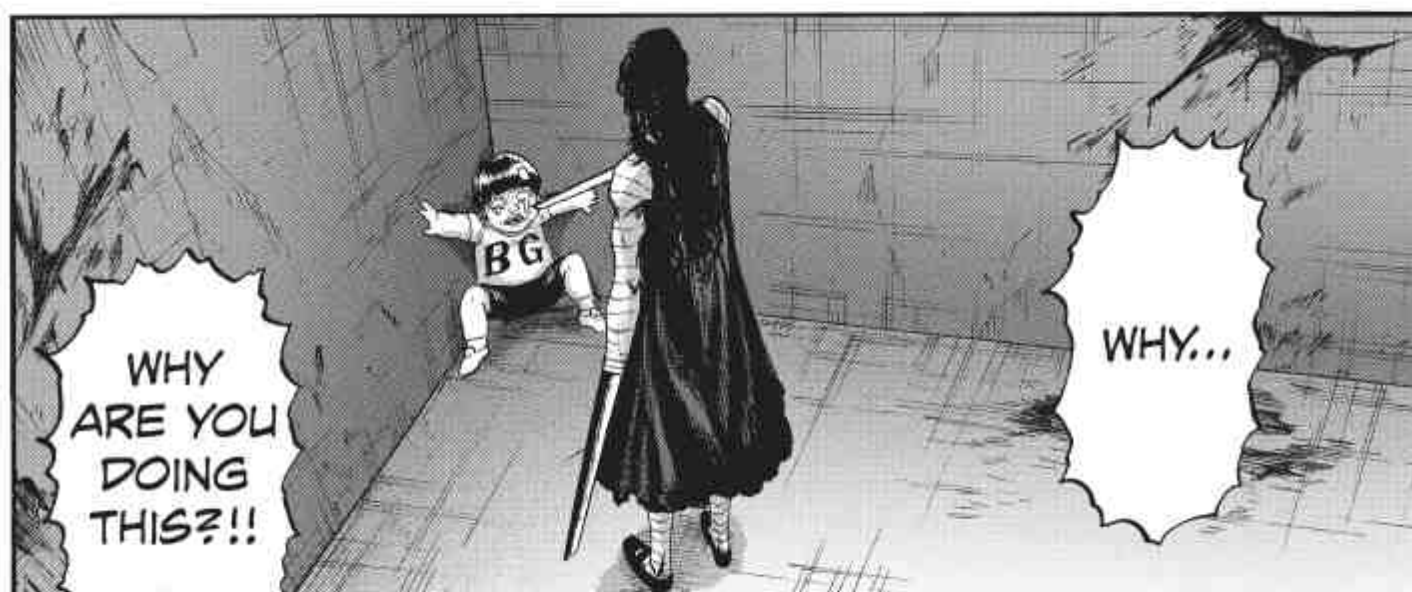
WHERE IS
RIPPER
ANYWAY?



**SOME-
ONE!**

**STOP!
HELP!**

LW-
AA-
AA-
AA-
AA-
AH!





...I CAN
RELEASE
MY URGE
TO SHRED
FLESH!

EVEN IF
MONSTERS
DON'T
RUN THE
WORLD...

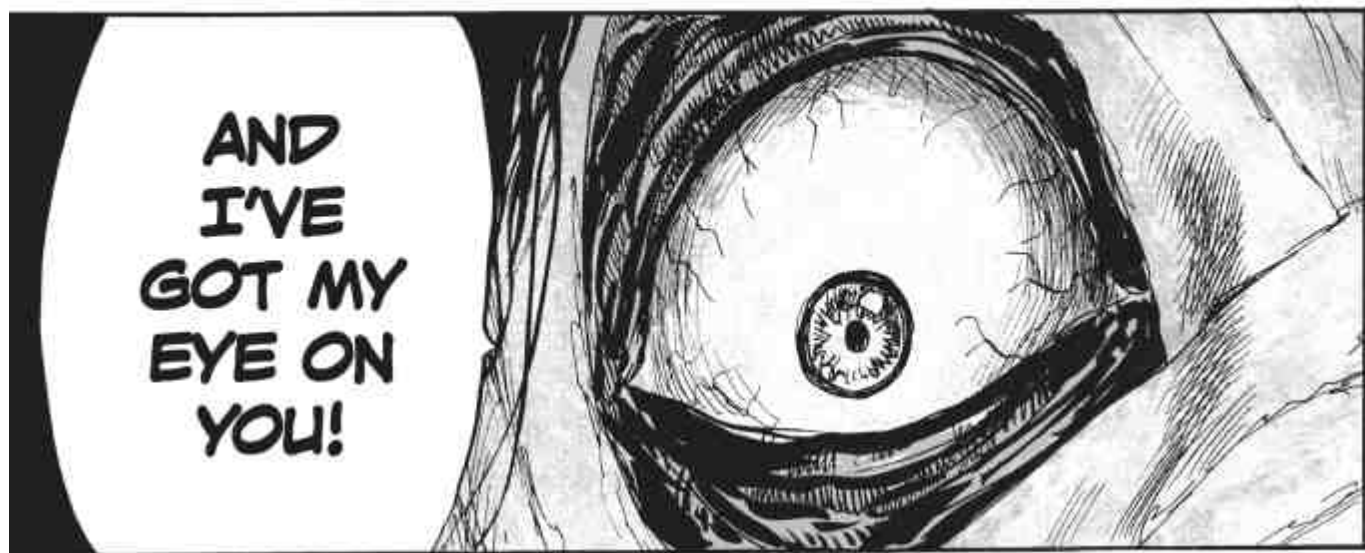


I WAS
NEVER
INTERESTED
IN THIS WAR.



NO,
STOP
...

ONLY
KILLING
MAKES
LIFE
WORTH-
WHILE.



AND
I'VE
GOT MY
EYE ON
YOU!



H...

I'LL
START
WITH
YOUR
TONGUE!

HELP!

H...

*HELP
ME!*







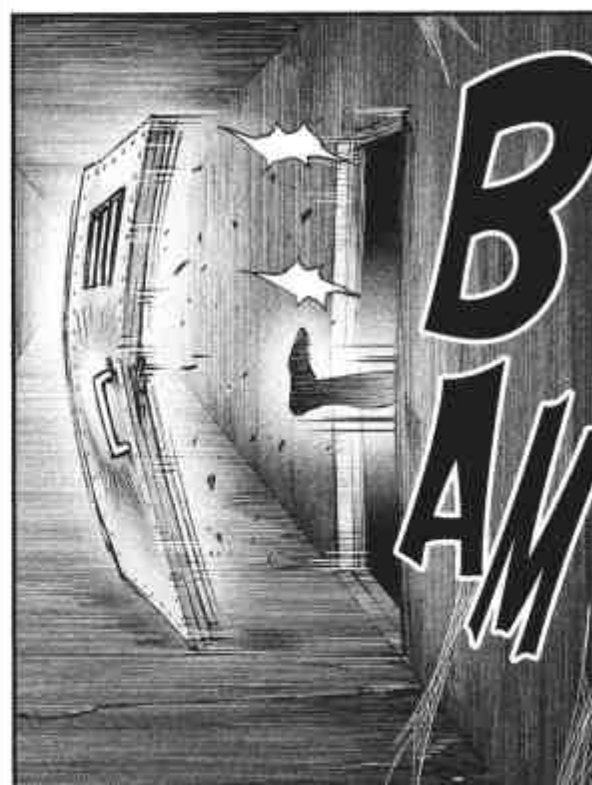












A large, detailed close-up of a monster's face. The monster has a pale, almost white complexion with dark, sharp features. Its eyes are narrow and intense, and its mouth is slightly open, revealing sharp teeth. The background is dark and textured, suggesting a cave or a night scene.

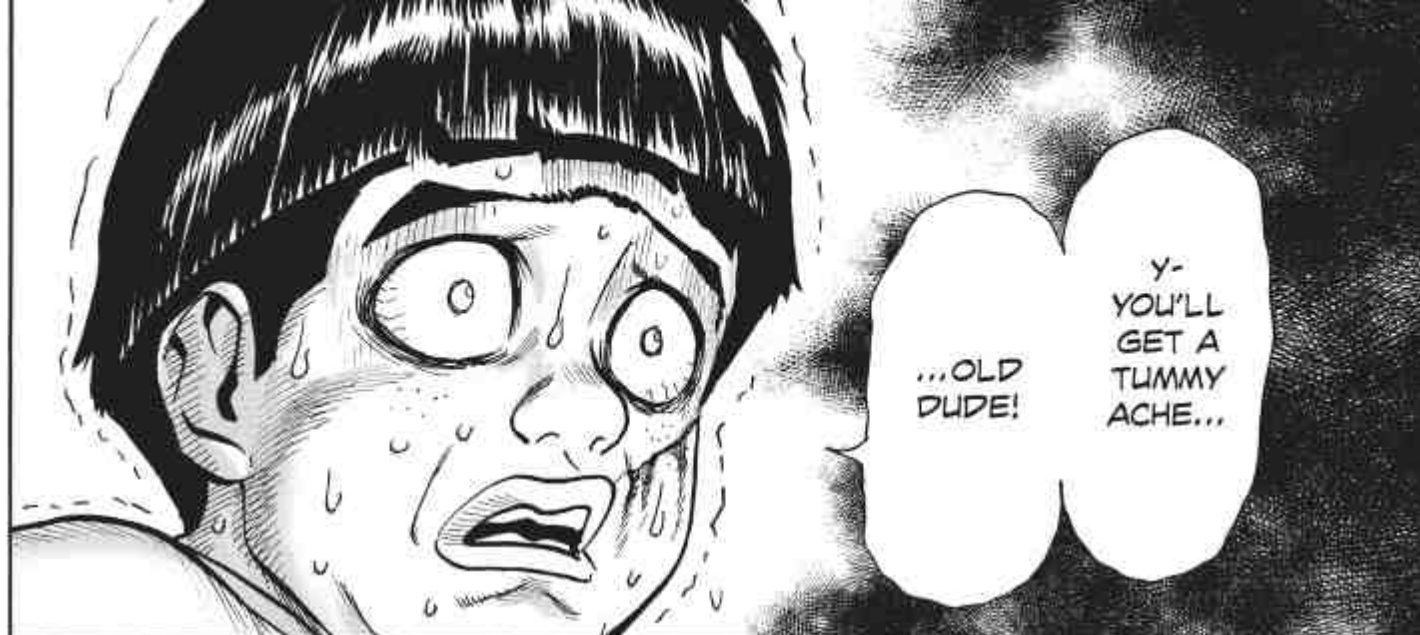
I'M A
MONSTER.

A boy with dark hair and a surprised expression is running away from a large, dark, monstrous figure. The boy is wearing a light-colored t-shirt with the letters 'BG' on it and dark shorts. The monster is partially visible in the foreground, with its head and shoulders shown. The background is a simple, light-colored wall.

H-HOW
WERE
YOU
ABLE
TO FIND
ME?















G
R
R
R
R

NICE
AND
SLOW
...

GOT
IT?

SLOWLY
...

FELL BACK
ASLEEP



PUNCH 93:
POCHI



カッパッパッパッ







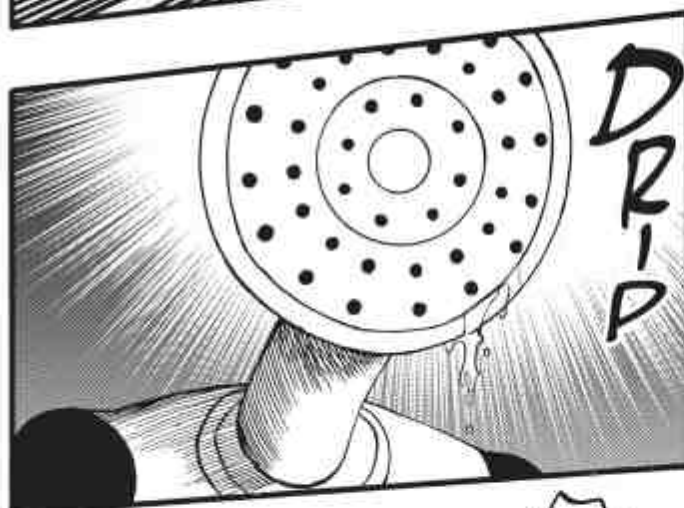






SPWOOO









I'VE
GOT THE
WORLD'S
HARDEST
HORN!

IT'S
UN-
BREAK-
ABLE!



SO
NOW
YOU
GOTTA
DIE!



I'LL
SHOWER
YOU IN
ANY
LIQUID
YOU
WANT!

AN
ADHESIVE
SOLUTION?
SULFURIC
ACID?

WHAT
WOULD
YOU LIKE
NEXT?

I CAN
TRANSFORM
THE WATER
IN MY BODY
INTO OTHER
SUBSTANCES
AND SPRAY
IT!



I ALSO
REGENERATE
LIKE NOBODY'S
BUSINESS!

I'M A LAB
MOUSE WHO
HAS SURVIVED
NUMEROUS
CRUEL
EXPERIMENTS
...

MY
WOUNDS
HEAL FAST!
SO YOU
CAN'T
DAMAGE
ME!!!

...GIVING
ME SUPER-
INTELLIGENCE
AND MEGA-
MUSCLES!



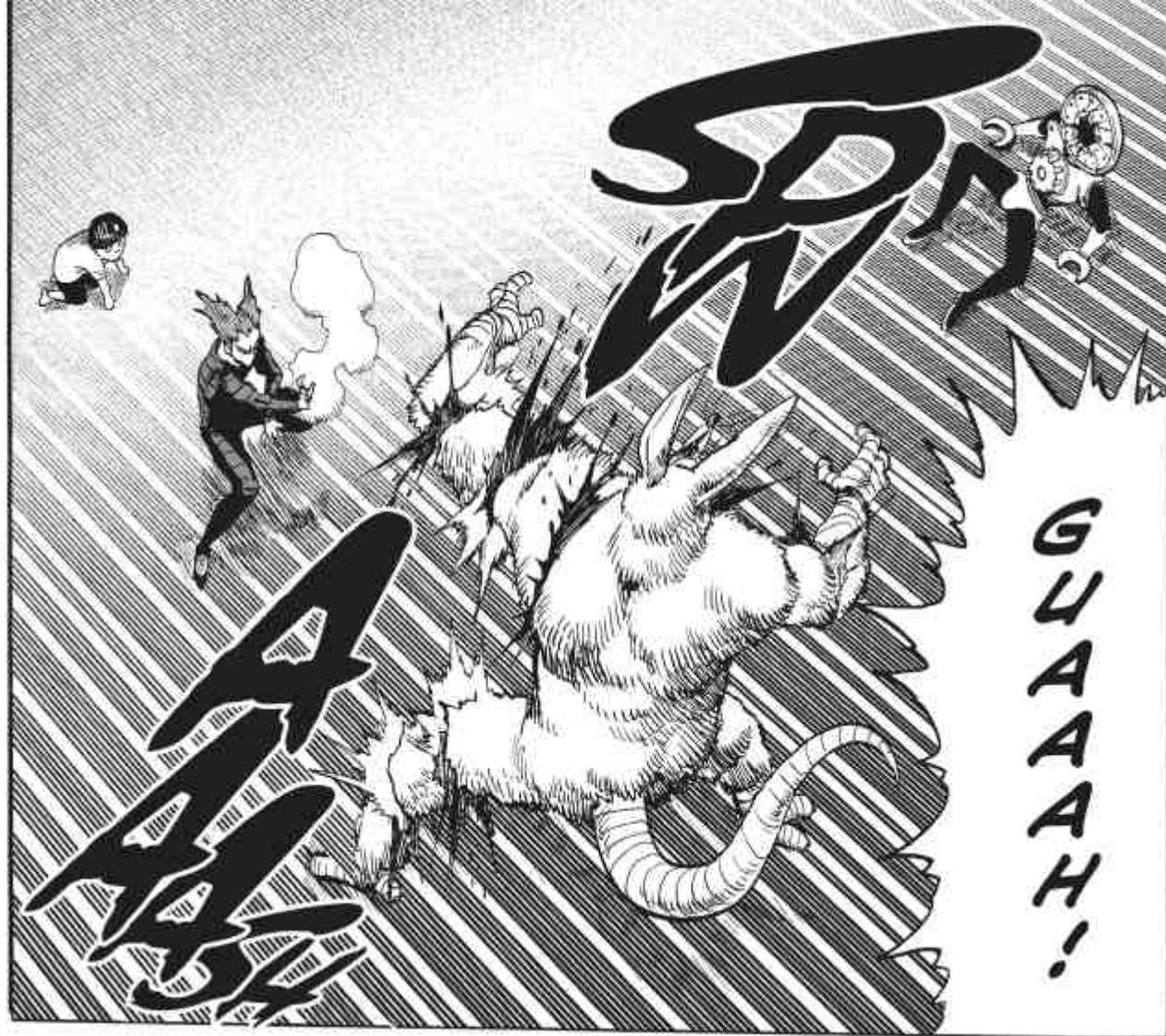














BUT
WE'RE
ALL
THREAT
LEVEL
DEMON!



YEAH, I'M
USED TO
FIGHTING
MULTIPLE
OPPO-
NENTS.

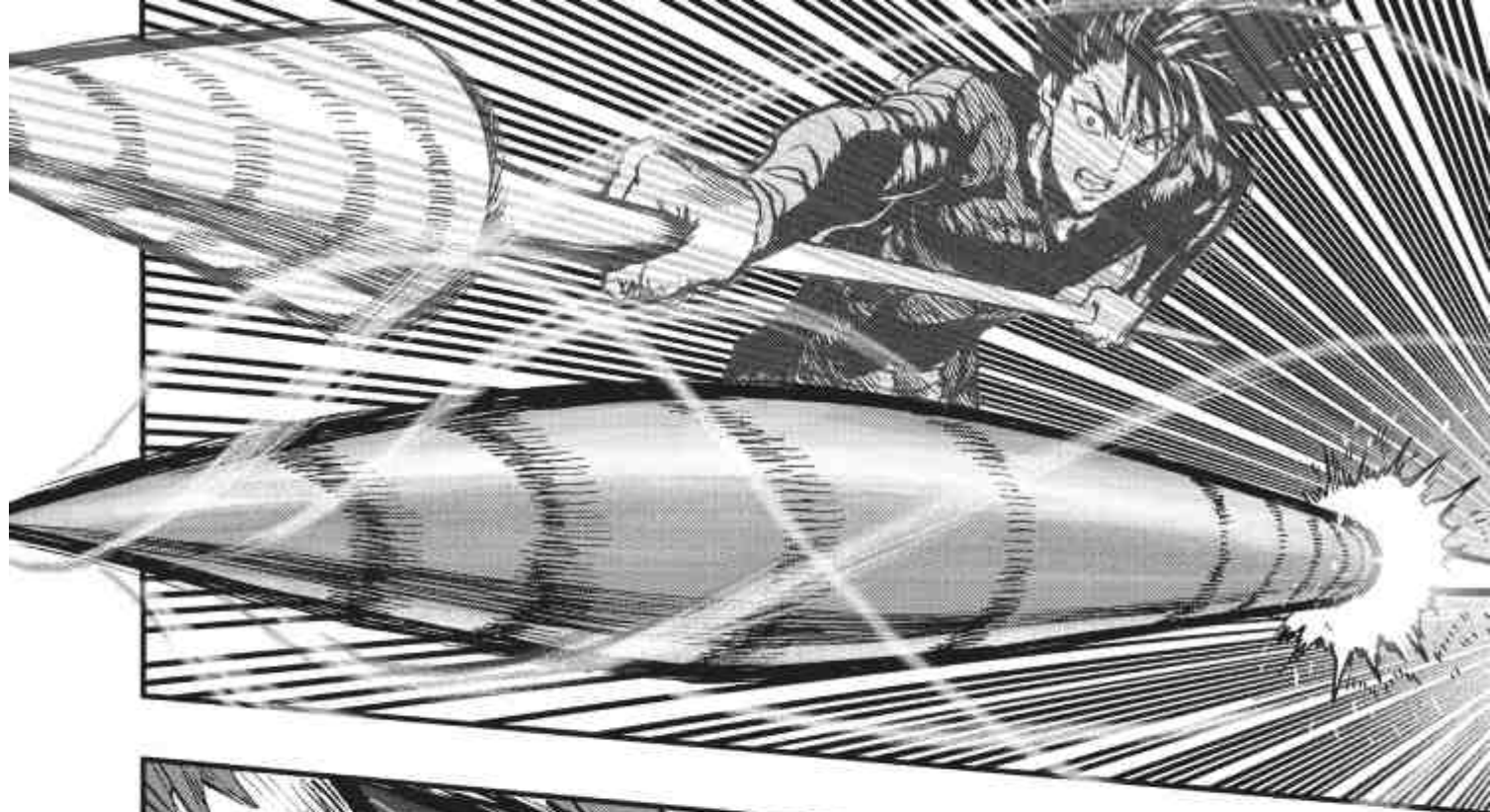


YOU'RE
AS
TOUGH
AS YOU
CLAIM
TO BE!



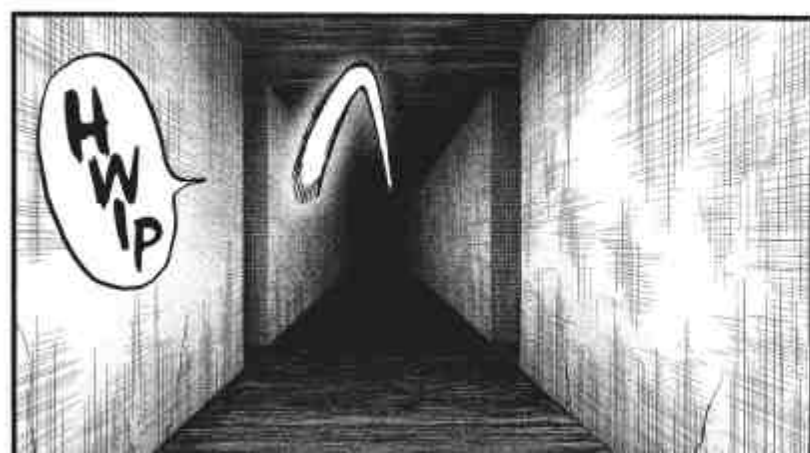


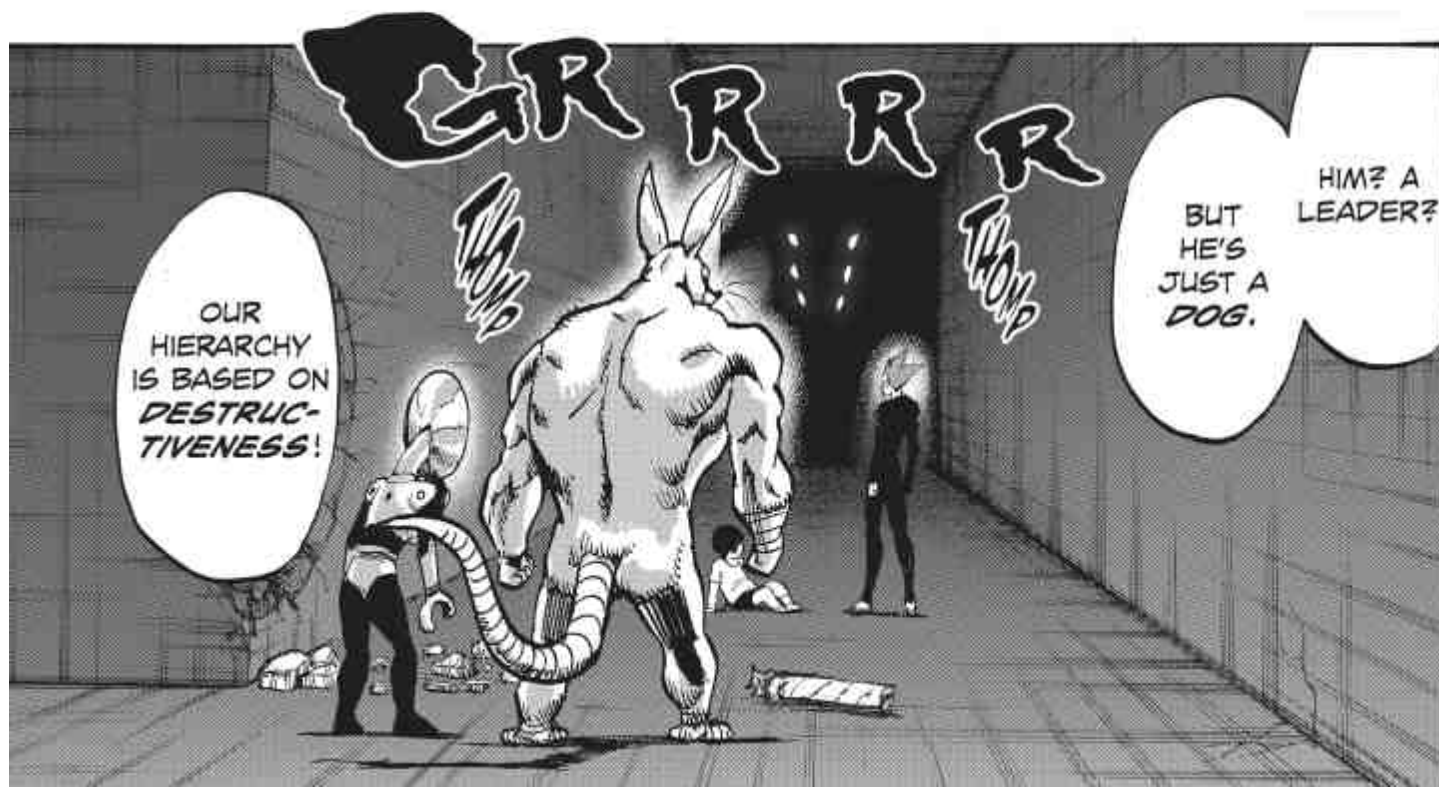




TO MY
EYES,
IT WAS
BARELY
MOVING.









Threat Level: Dragon
OVERGROWN POCHI

WHAT'S
IT GONNA
DO?!





I CAN
BLOCK
IT WITH
MAXIMUM
WATER
PRESSURE!

URGH!

FULL-
THROTTLE
NOZZLE!



UA-
AR-
RR-
RR-
RG-
GH-
HH!

MY
REGENER-
ATION CAN
HANDLE IT
TOO!













THIS IS
WHERE
WE
SPLIT
UP!

WHY'RE
YOU JUST
STANDING
THERE?

I TOLD
YOU TO
SCRAM!



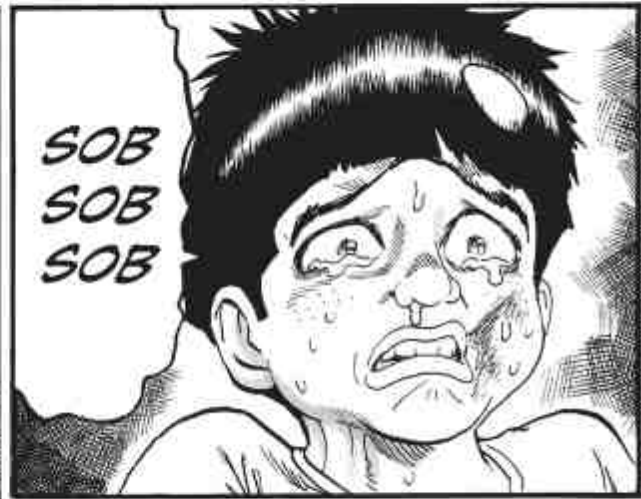
YEAH?
WHADDO
I CARE?!

B-BUT
I'LL
NEVER
SURVIVE
ALONE!



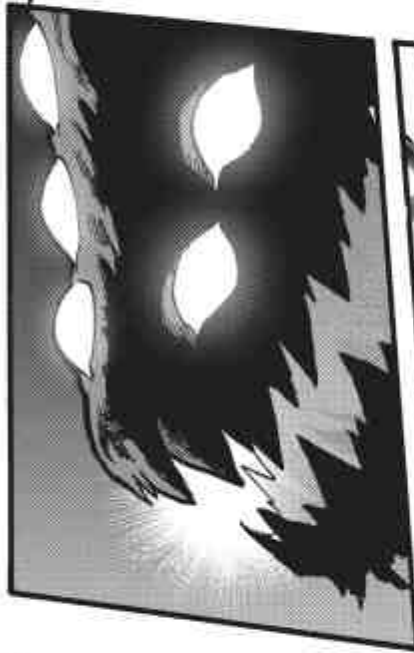
THIS
IS...

...
**THREAT
LEVEL
DRAGON**
!!!



NUH-UH!
KEEP
YOUR
EYES
ON ME!

BAM



BAM
BAM
BAM
BAM
BAM



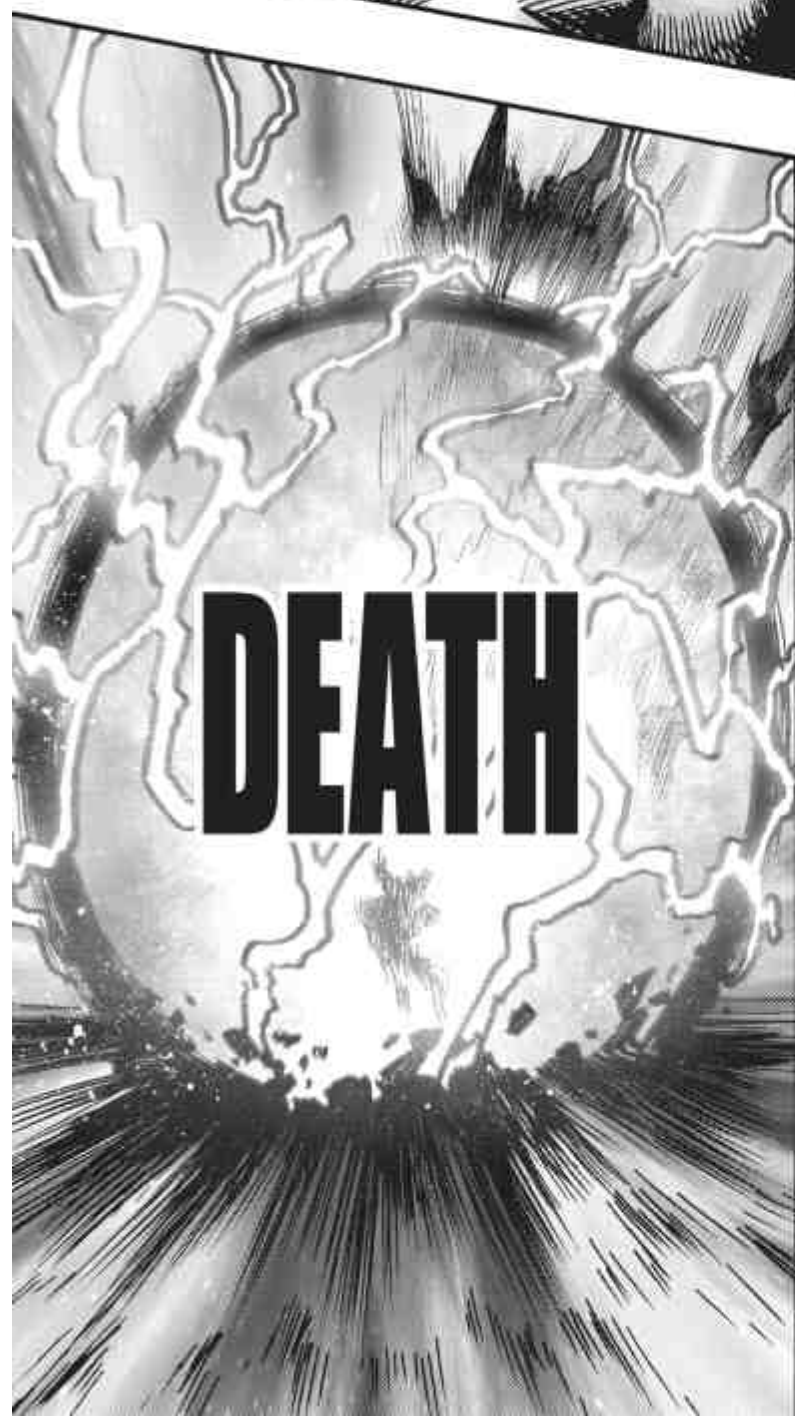
HOW'D
YOU
LIKE
THAT
?

HA
HA!

DID IT
HURT?

SKID





URGH!
I DIDN'T
WANNA DIE
YET!

AND IT'S
ALL THAT
UGLY KID'S
FAULT!

THERE'S NO
ESCAPE!

I'M
GONNA
DIE!

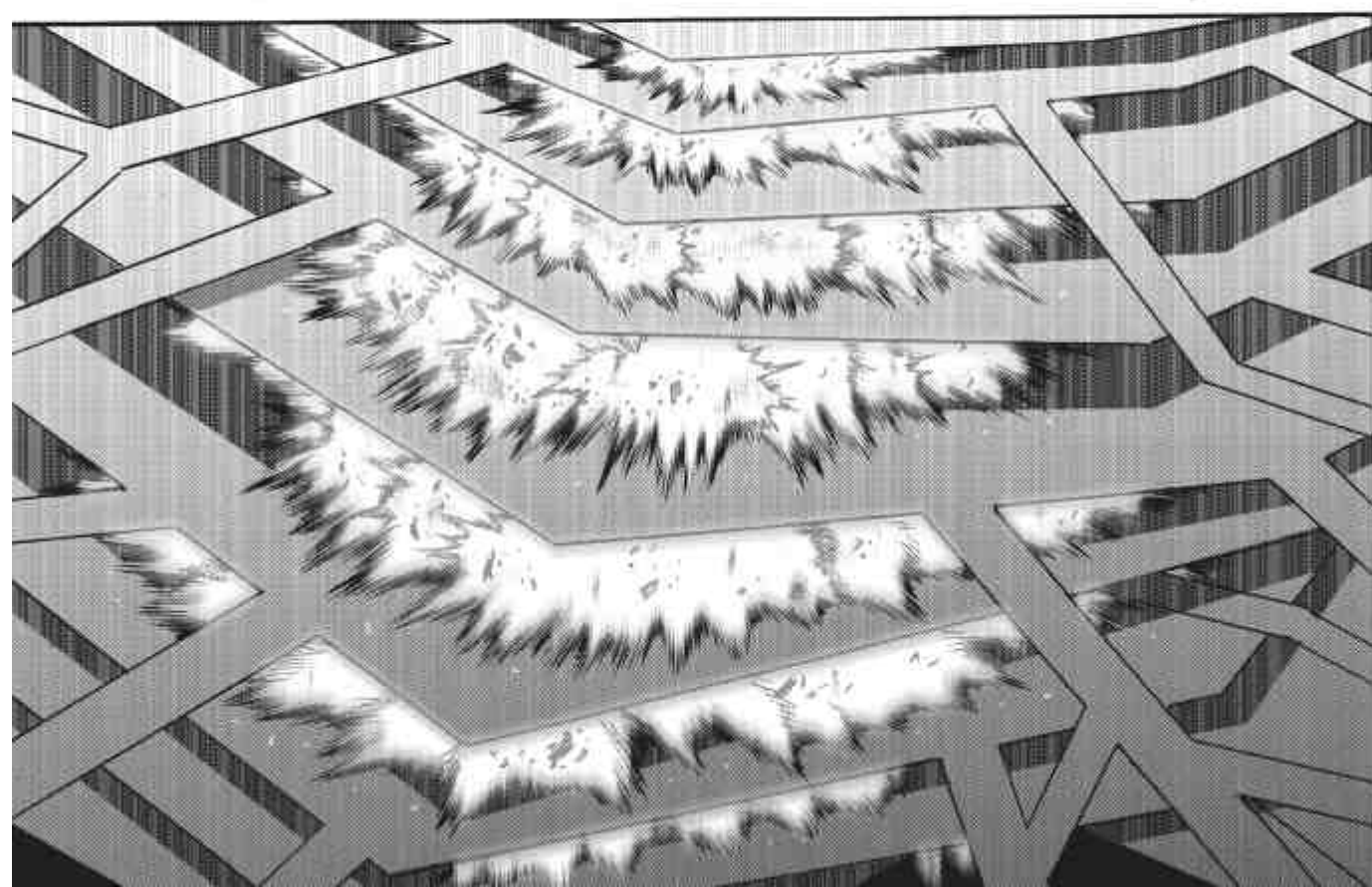
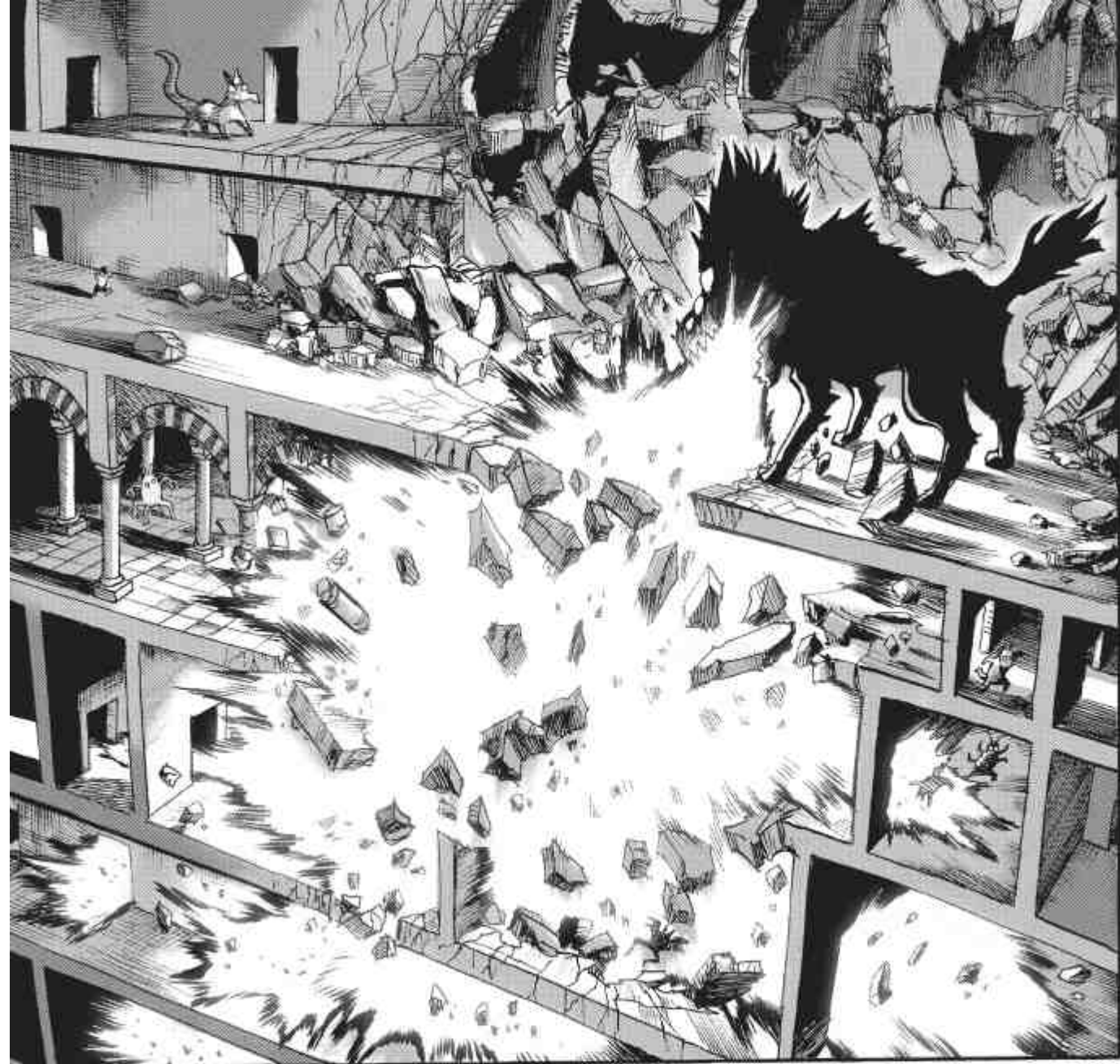
I HAVEN'T
REACHED MY
GOAL YET...

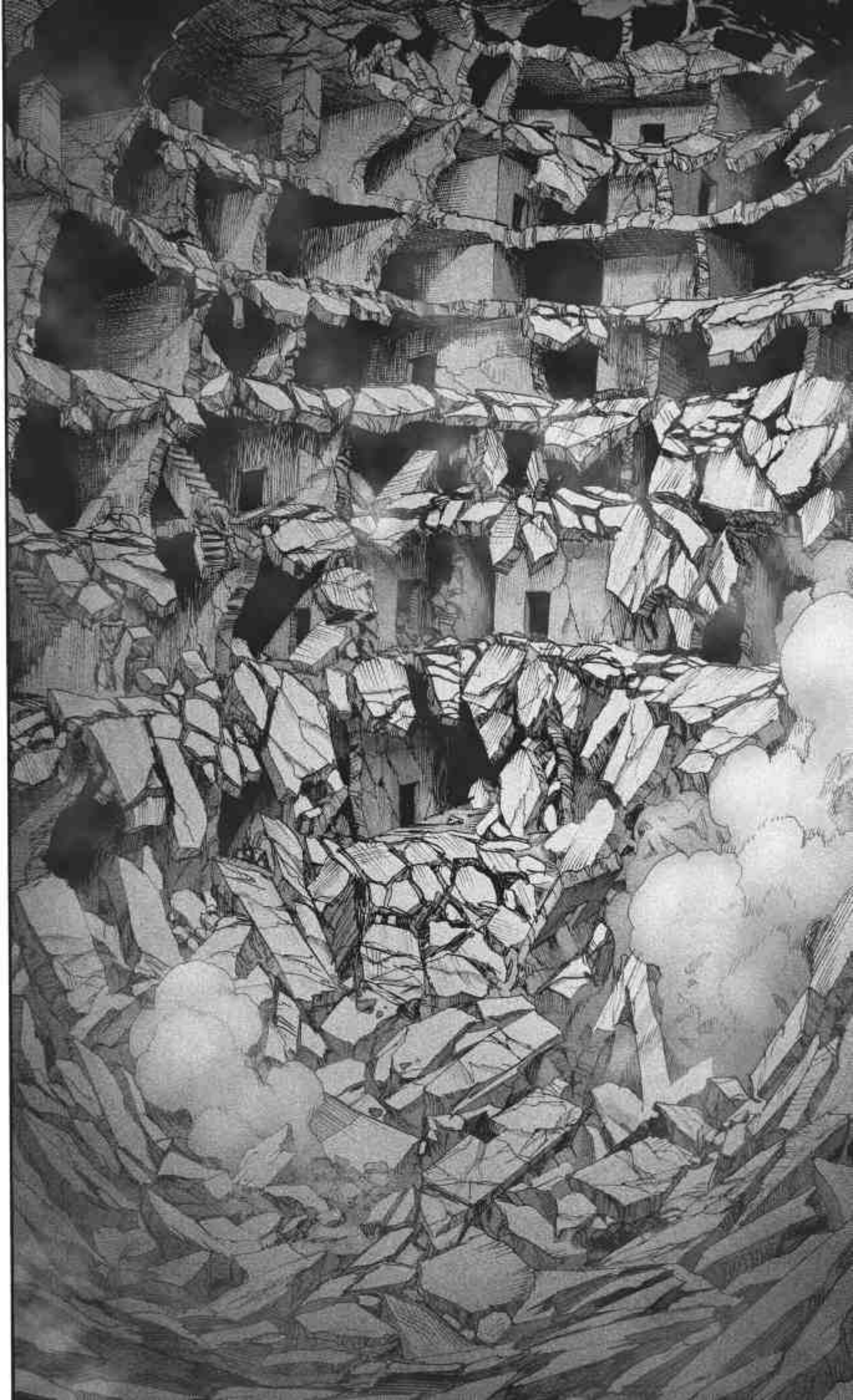
I WANNA
FIGHT
MONSTROUS
HEROES,
NOT ACTUAL
MONSTERS!

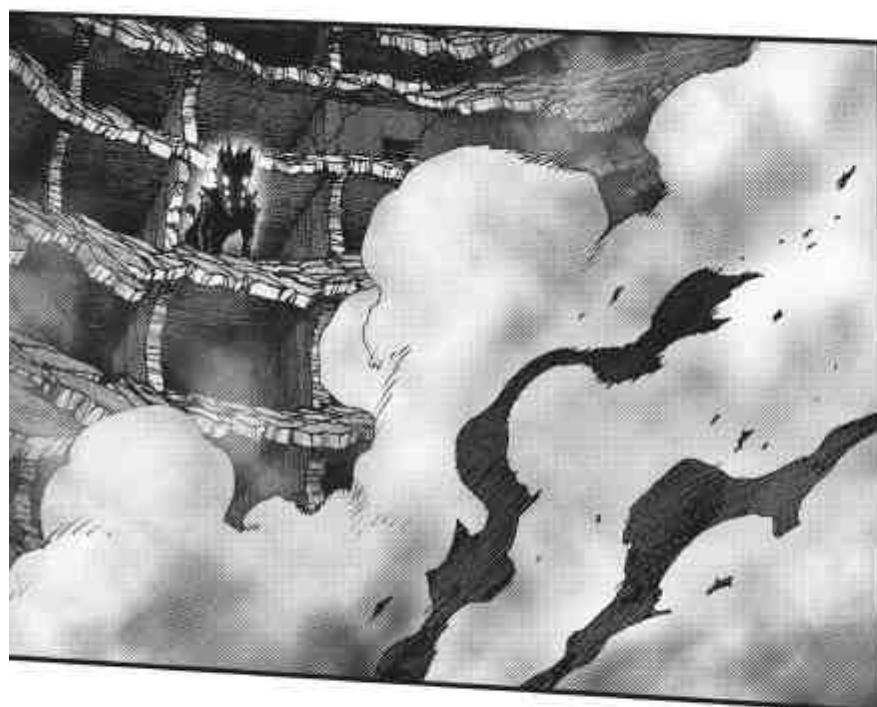
...BUT
THIS IS
THE END!

I WANNA
DRINK COLA
AGAIN!



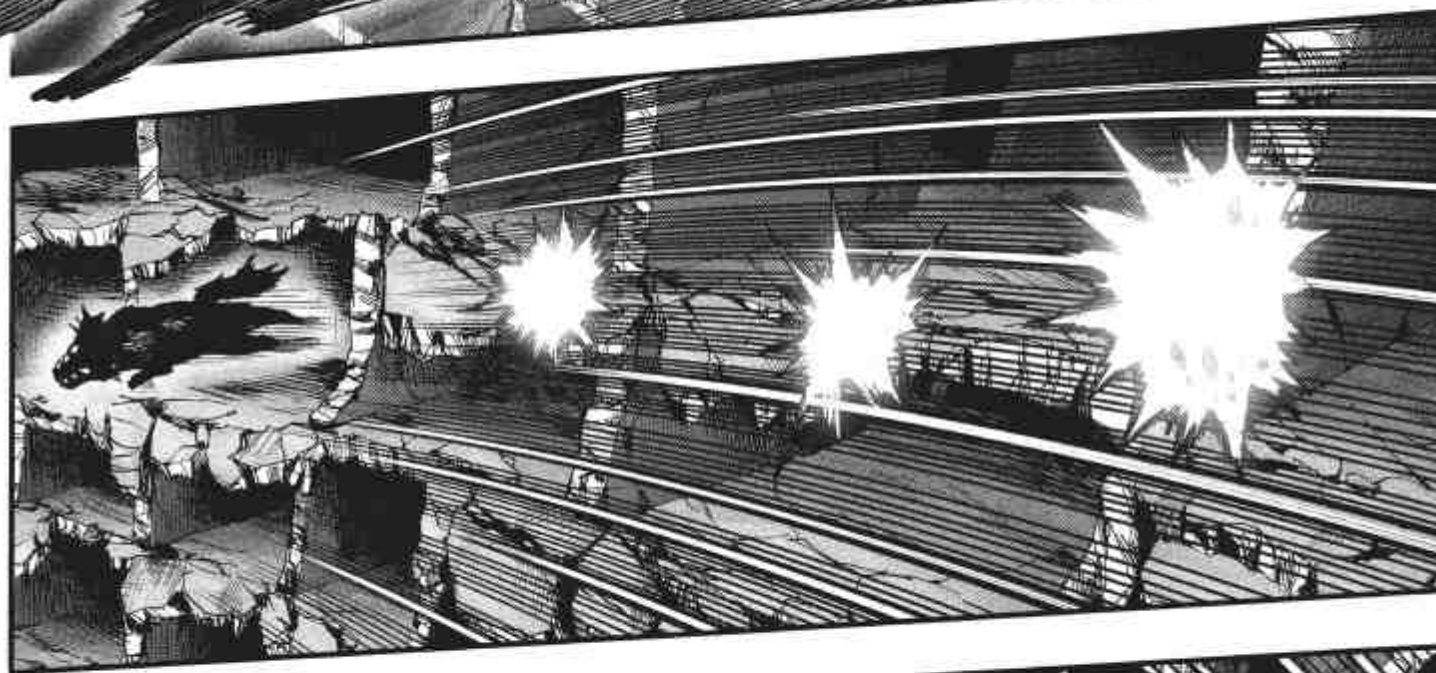




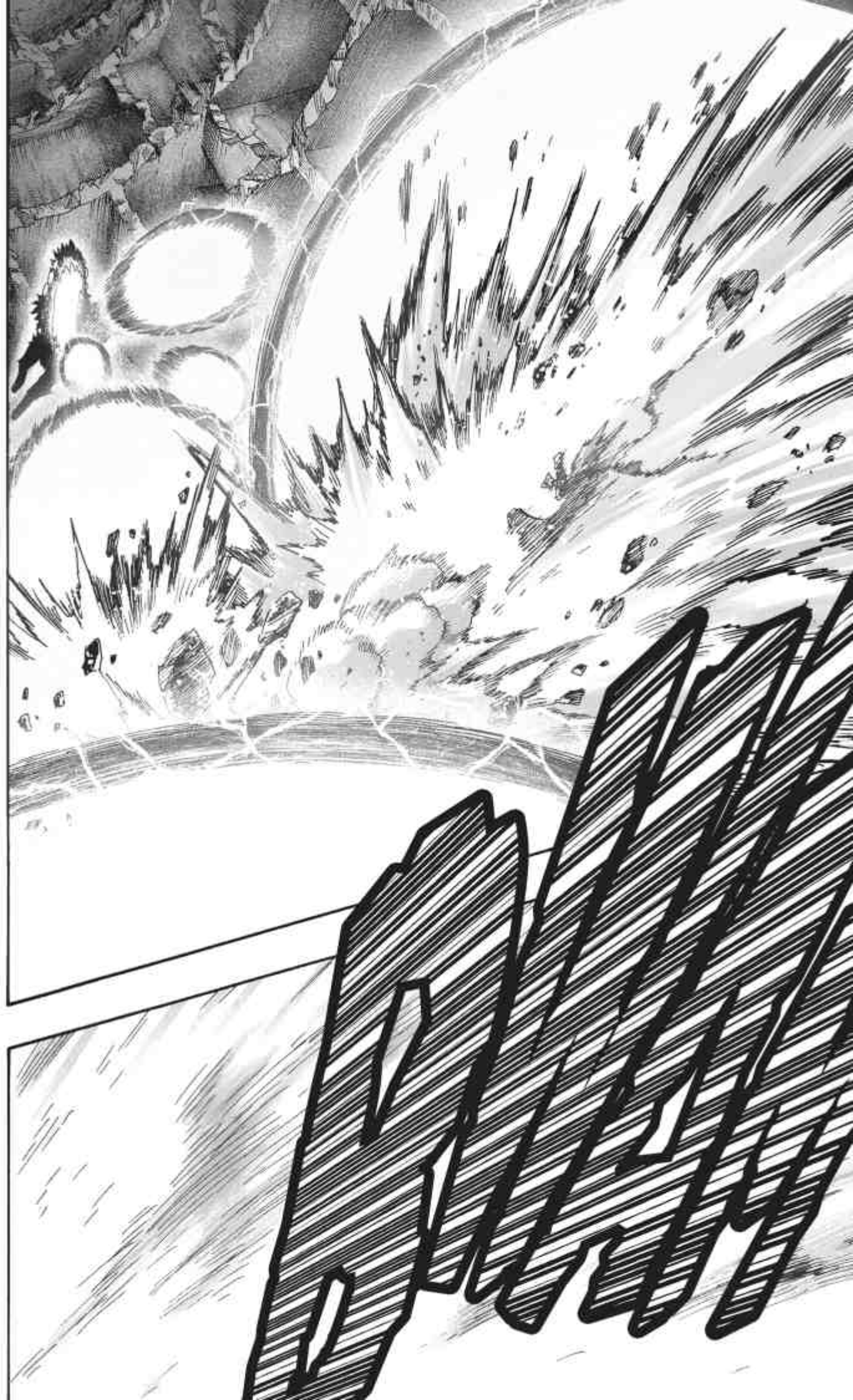


















DON'T
GET
COCKY,
YOU
MANGY
MUTT!

HWSH

**SIT,
DOGGY!**





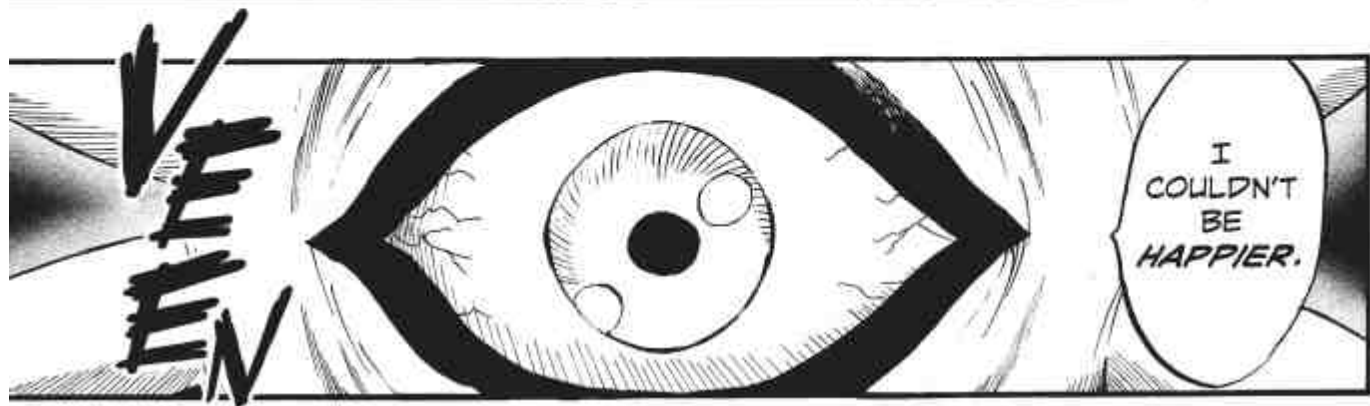














HE MUST
BE TELE-
KINETIC.

HE
MOVED
THE
RUBBLE
FROM A
DISTANCE.



...AND
THAT
WASN'T
FUN.

GYORO-
GYORO,
YOU
SICCED
YOUR
LACKEYS
ON ME...



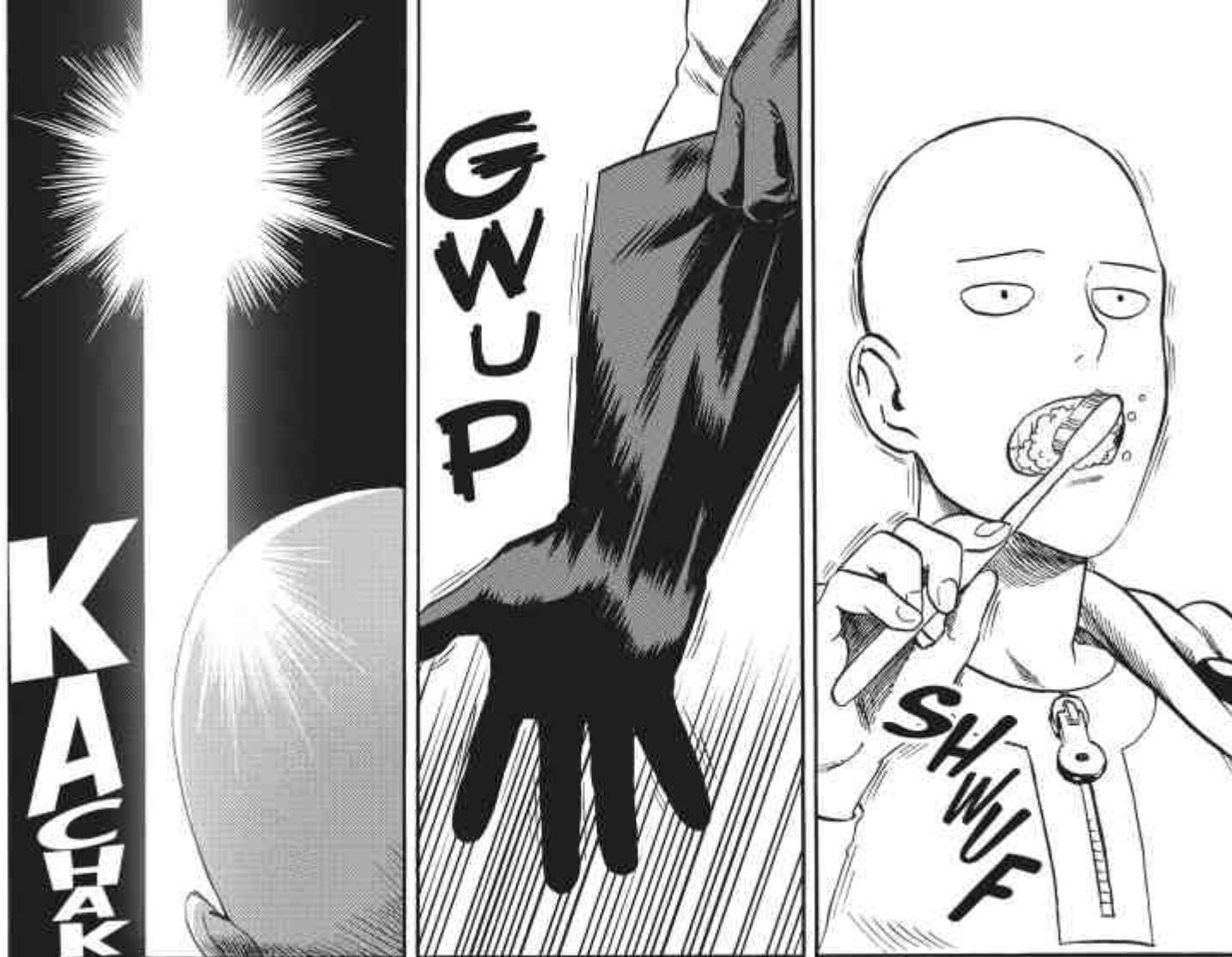




Threat Level: Dragon
GYORO-GYORO

PUNCH 94: MANHOLE







YOU ARE
STILL ONLY
HALF A
MONSTER.

SO IT'S
FRIGHTENING
THAT YOUR BODY
ALREADY HAS
THE STRENGTH
TO WITHSTAND
POCHI'S
CONCENTRATED
HEAT BLASTS.

BUT IT
ISN'T
NEARLY
ENOUGH.

YOU
GONNA
TEACH ME
PSYCHO-
KINESIS?

YOU?
TRAIN
ME?



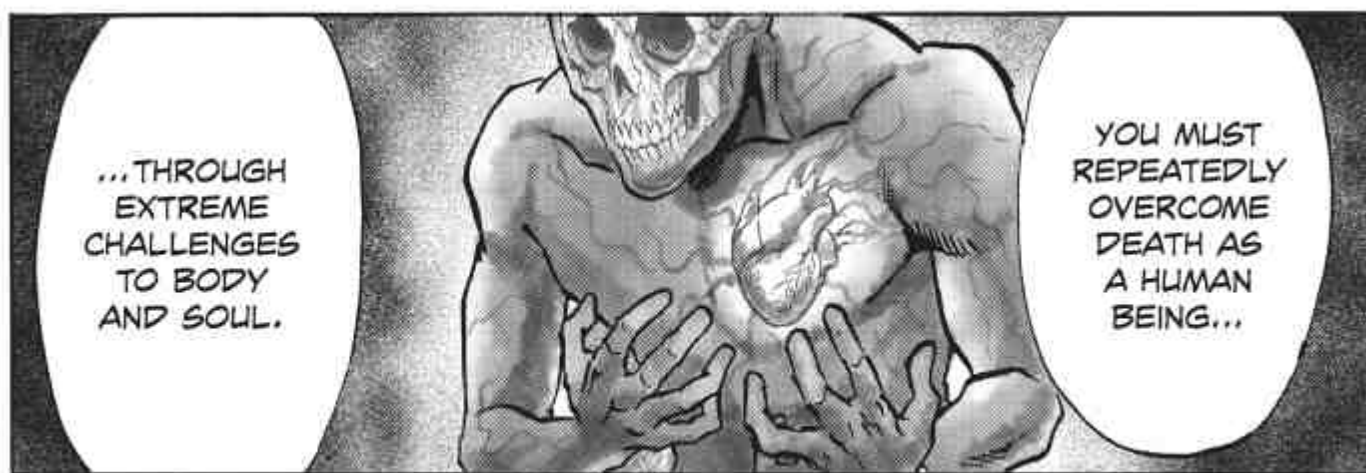
ONLY
I CAN
MAXIMIZE
YOUR
MONSTROUS
POTENTIAL.



NO,
INSTEAD OF
PSYCHIC OR
MARTIAL
ARTS...

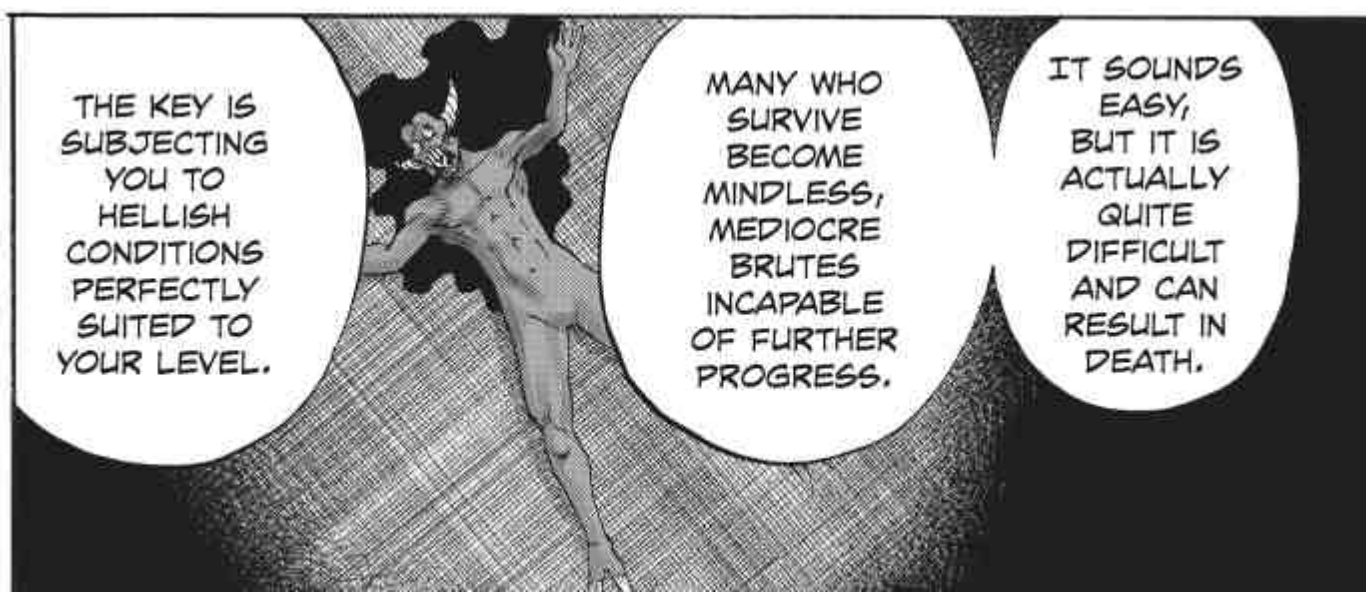
...I WILL
TEACH
YOU THE
SECRET OF
**MONSTER-
IZATION.**

I WILL
ACCELERATE
YOUR TRANS-
FORMATION.



...THROUGH
EXTREME
CHALLENGES
TO BODY
AND SOUL.

YOU MUST
REPEATEDLY
OVERCOME
DEATH AS
A HUMAN
BEING...



THE KEY IS
SUBJECTING
YOU TO
HELLISH
CONDITIONS
PERFECTLY
SUITED TO
YOUR LEVEL.

MANY WHO
SURVIVE
BECOME
MINDLESS,
MEDIocre
BRUTES
INCAPABLE
OF FURTHER
PROGRESS.

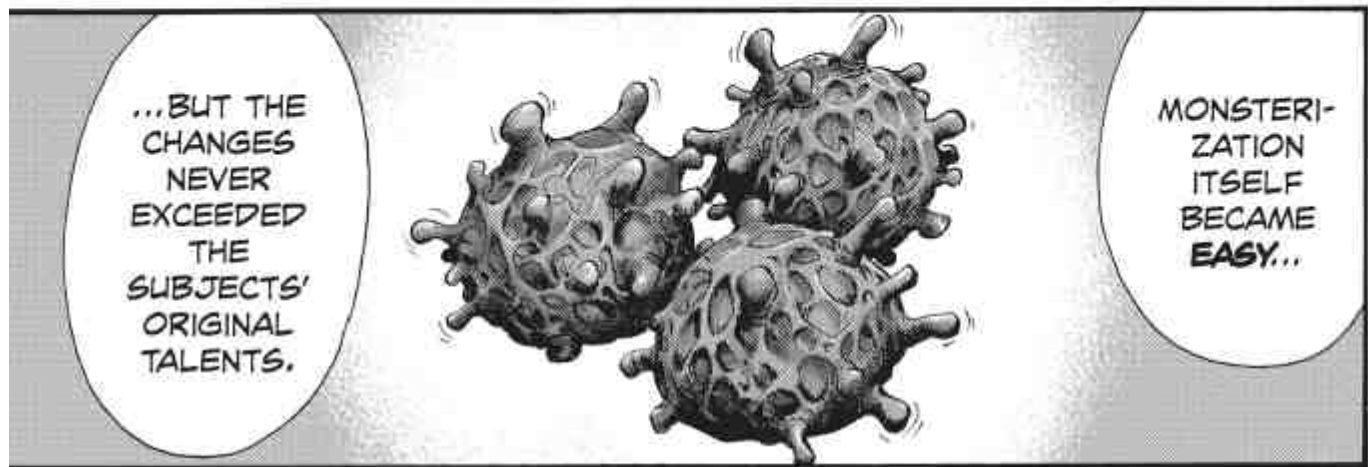
IT SOUNDS
EASY,
BUT IT IS
ACTUALLY
QUITE
DIFFICULT
AND CAN
RESULT IN
DEATH.



COUNTLESS
TIMES HAVE
I ABUSED
BOTH HUMAN
AND
MONSTER.

NOT A
FEW.

YOU
SOUND
LIKE
YOU'VE
DONE IT
A FEW
TIMES.



...BUT THE
CHANGES
NEVER
EXCEEDED
THE
SUBJECTS'
ORIGINAL
TALENTS.

MONSTERI-
ZATION
ITSELF
BECAME
EASY...



I HUN-
GERED
FOR A
WAY TO
BREAK THE
LIMITS OF
GROWTH.



...AND TRIED
EVERYTHING
I COULD
IMAGINE.

I AM-
PLIFIED
THEIR
ANGER
AND
HATE...

...AND THE
APPLICATION
OF PAIN AND
STRESS.

I TRIED
MONSTER
CANNIBALISM,
BLOOD
TRANSFUSIONS,
CELL IMPLAN-
TATION,
BREEDING...



...AND THAT
EACH TIME
RESULTED IN
EXPONENTIAL
GROWTH.

I LEARNED
THAT
OVERCOMING
DEATH
BROUGHT
ADVANCEMENT
TO A HIGHER
STAGE...



THEN
I FOUND
MY FIRST
SUCCESS...

...AND
JOINED A
MOUNTAIN OF
LIFELESS
FAILURES.

SOME
SUBJECTS
CAME CLOSE,
BUT MOST
DIED BEFORE
REACHING
THREAT LEVEL
DRAGON...







AND
SURVIVING
KING THE
RIPPER
PUSHED
YOU TO NEW
HEIGHTS.



BUT YOUR
POTENTIAL
IS EVEN
GREATER.

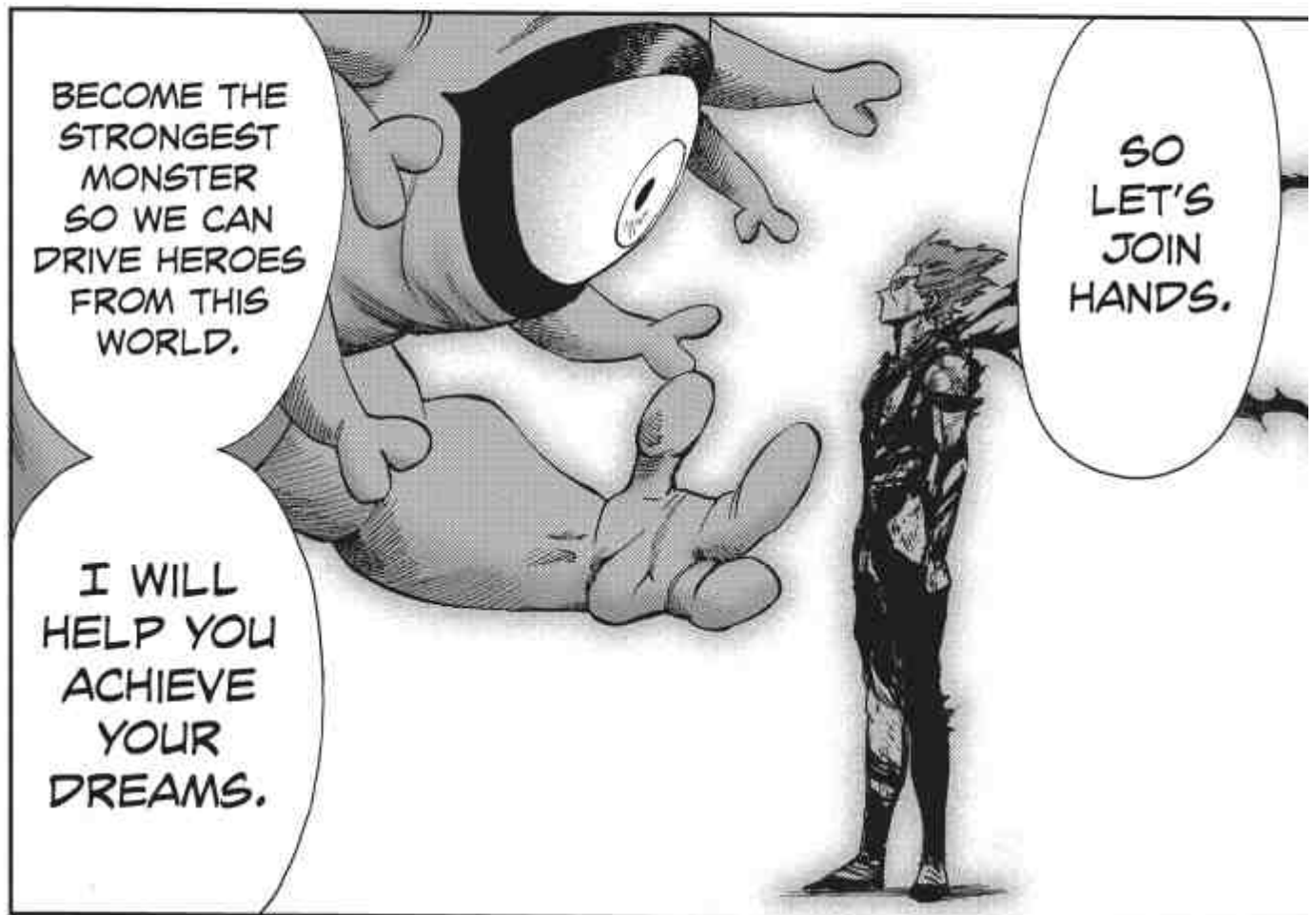




IF YOU FOLLOW MY TRAINING PROGRAM, YOU MAY EQUAL OR EVEN **BEST** LORD OROCHI.

YOUR MONSTERIZATION IS STEADILY PROGRESSING ...

...AND YOU GROW INCREDIBLY STRONG.



BECOME THE STRONGEST MONSTER SO WE CAN DRIVE HEROES FROM THIS WORLD.

I WILL HELP YOU ACHIEVE YOUR DREAMS.

SO LET'S JOIN HANDS.



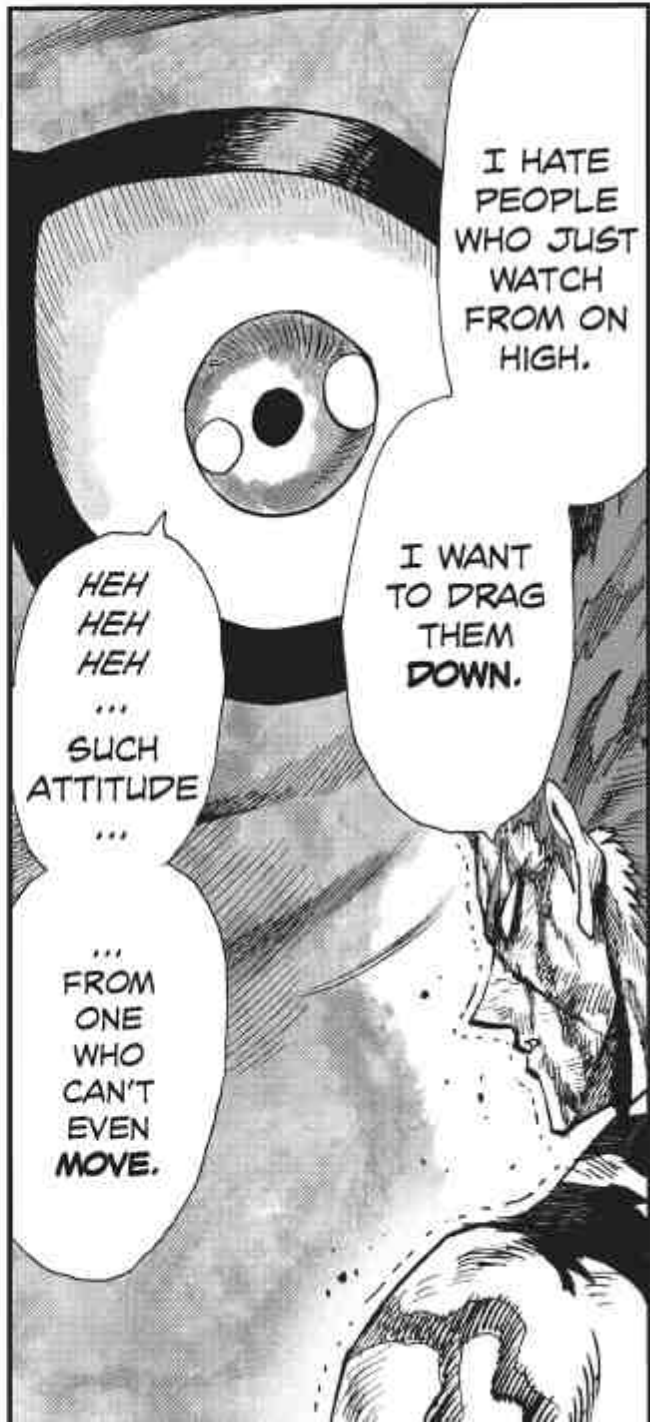
JUST LEAVE ME ALONE. FOREVER.

I DON'T NEED YOUR HELP.



...YOU
LOST ALL
RIGHT TO
REFUSE.

THE
MOMENT
MY EYE
FELL
UPON
YOU...

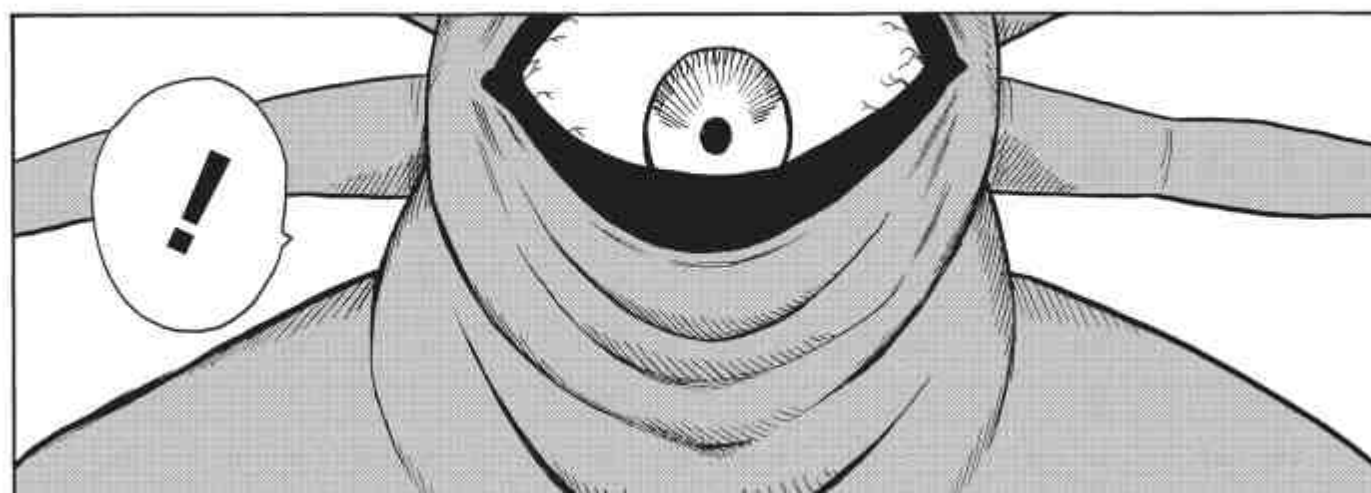
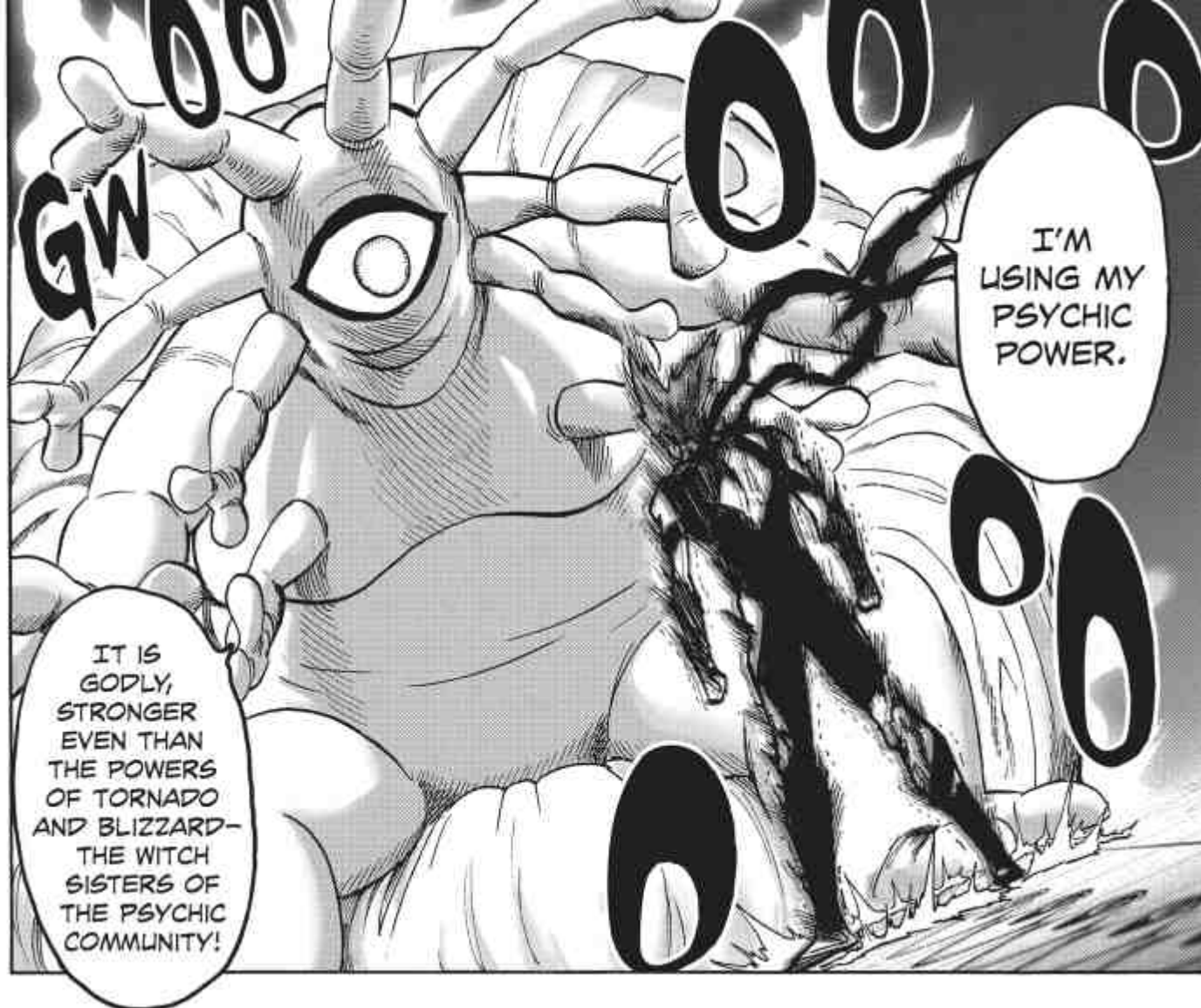


I HATE
PEOPLE
WHO JUST
WATCH
FROM ON
HIGH.

I WANT
TO DRAG
THEM
DOWN.

HEH
HEH
HEH
...
SUCH
ATTITUDE
...

...
FROM
ONE
WHO
CAN'T
EVEN
MOVE.







HIS ADAPT-
ABILITY IS
INCREDIBLE.



COLLARING
HIM WON'T
BE EASY.

MAYBE
I'M JUST
PUMPED
UP.



THEN
I'LL
TRAIN
YOU
WITH
PAIN!





HEH!
YOUR
POWER
AIN'T
NOTHIN'!

AND YOU'RE
THE MONSTER
ASSOCIATION'S
STRATEGIST?

KLUK
KLUK



YOU CAN
ONLY
DO ONE
THING AT
A TIME...

I CAN
BLOCK AT
THE LAST
MOMENT,
SO YOU'RE
NO
THREAT!

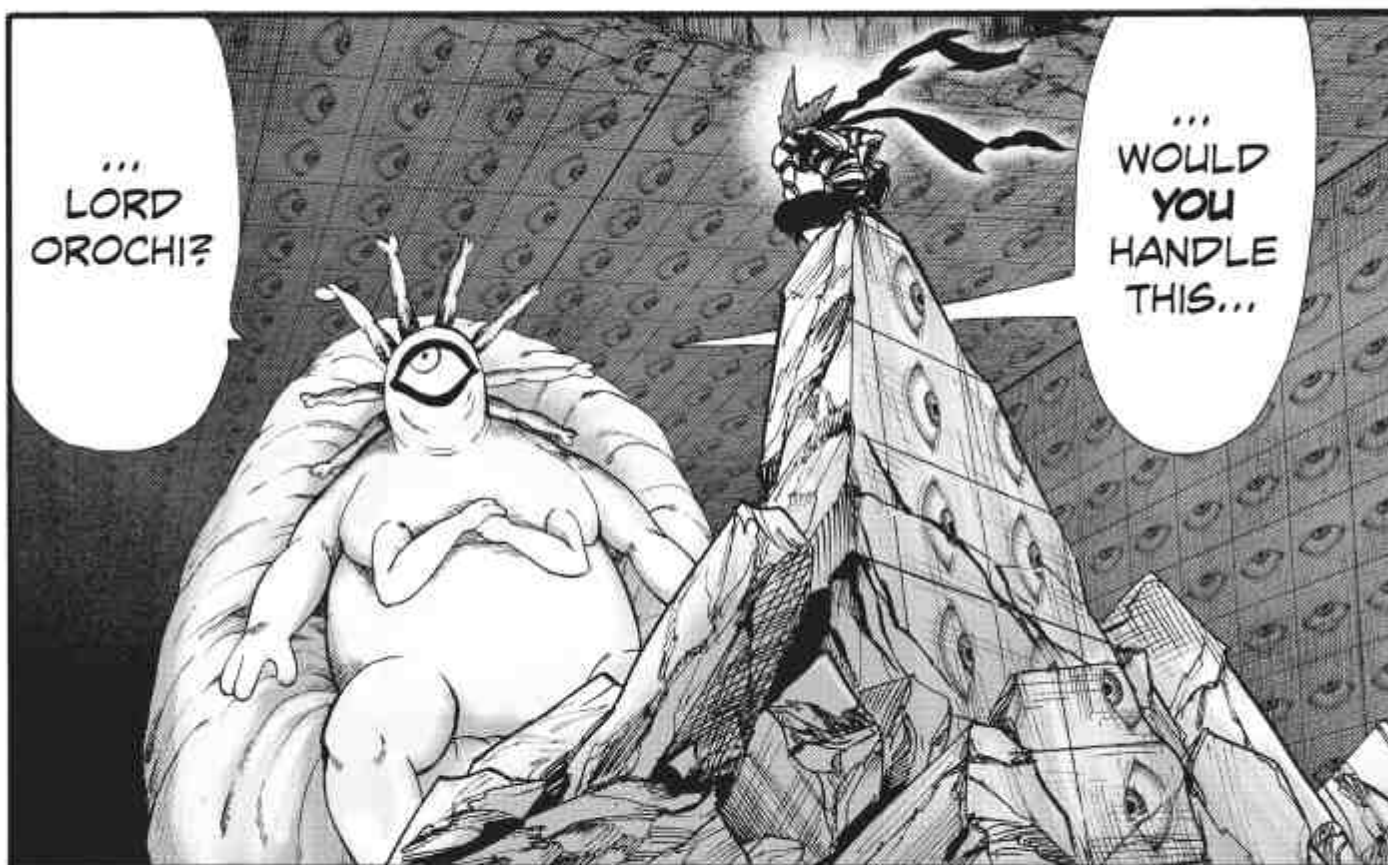
YOUR
PSYCHIC
POWERS
DON'T
SCARE ME
AT ALL!

...SO
WHEN YOU
HURL
PROJEC-
TILES,
I CAN
BREAK
FREE!





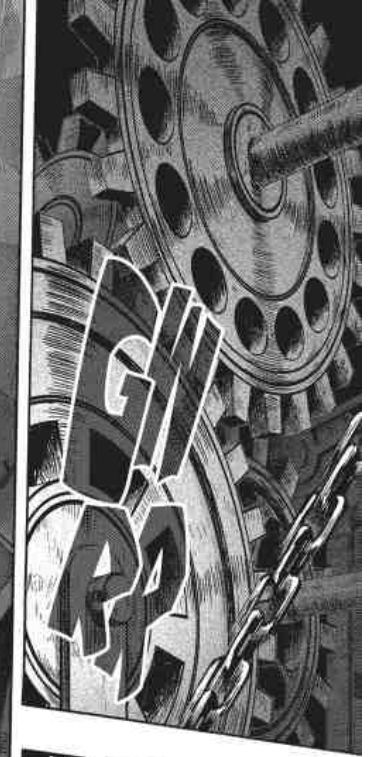
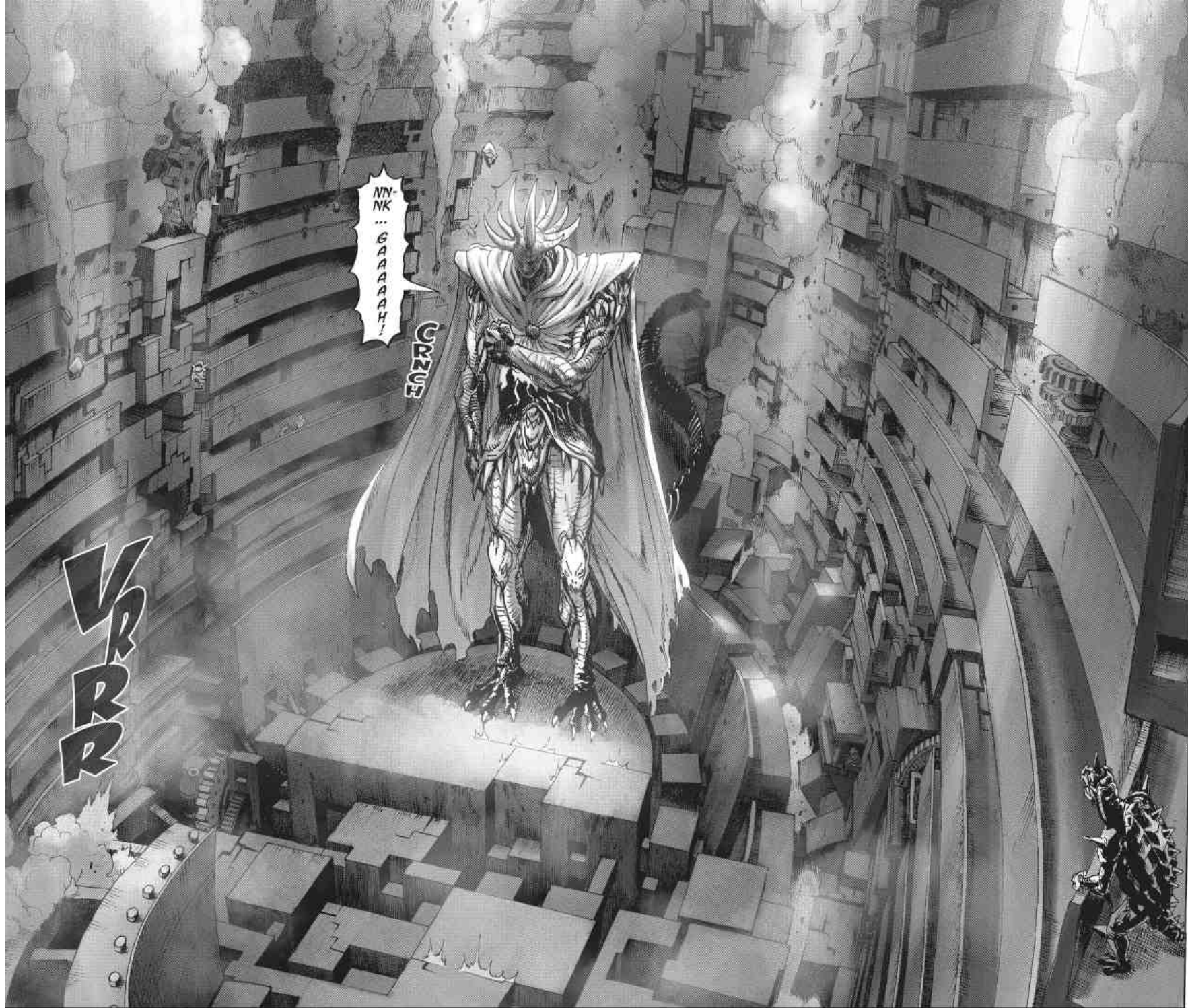
SO IT'S
HUNTING
TIME!









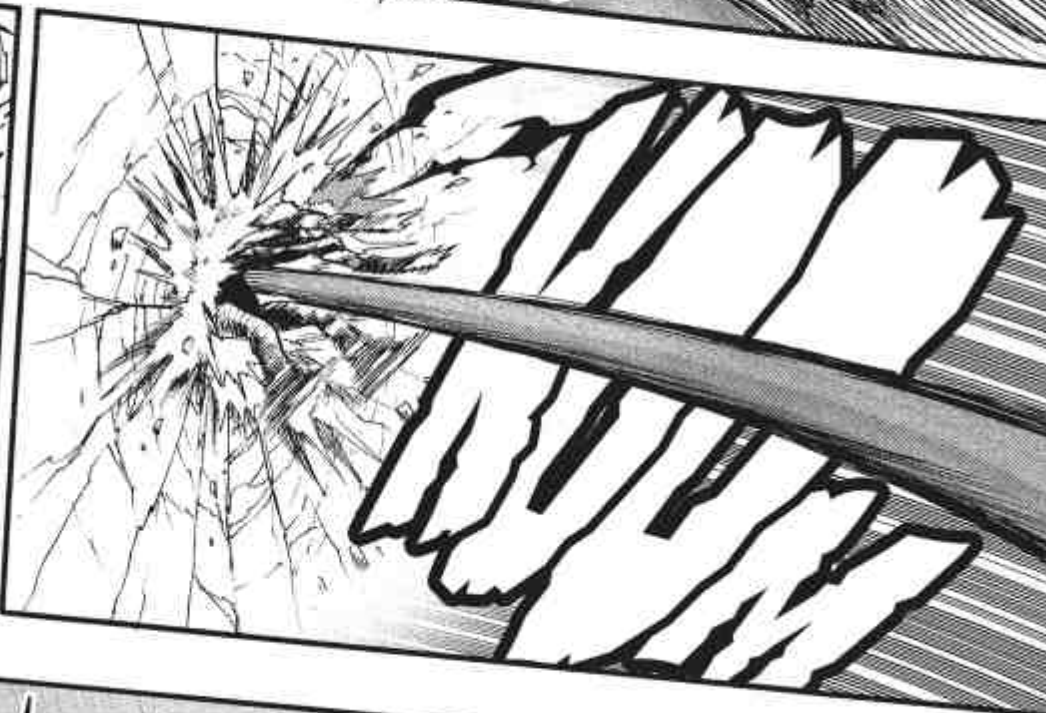


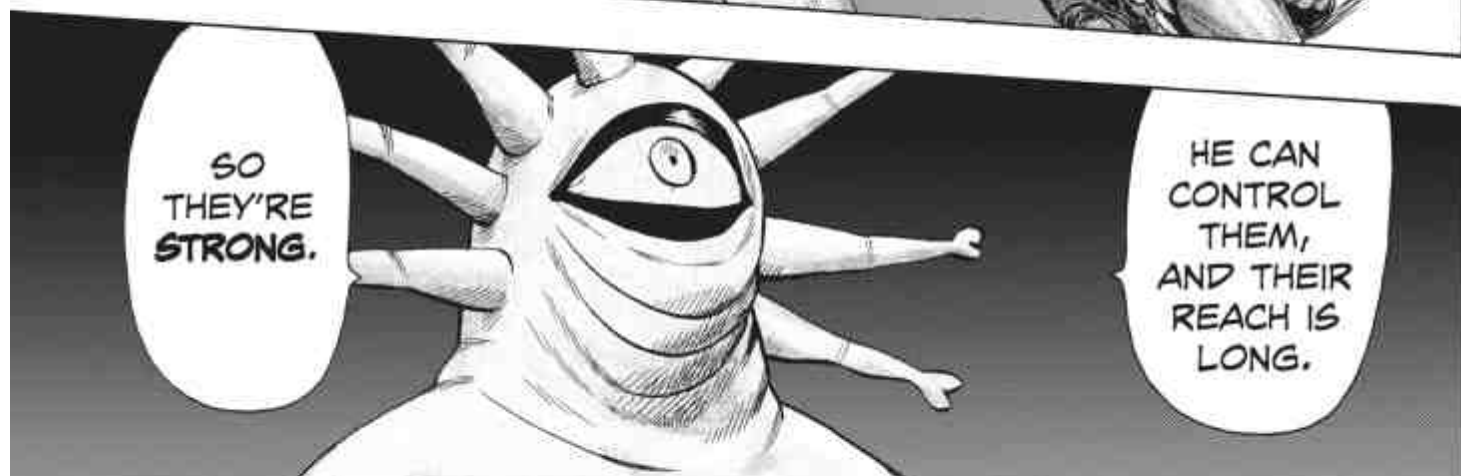


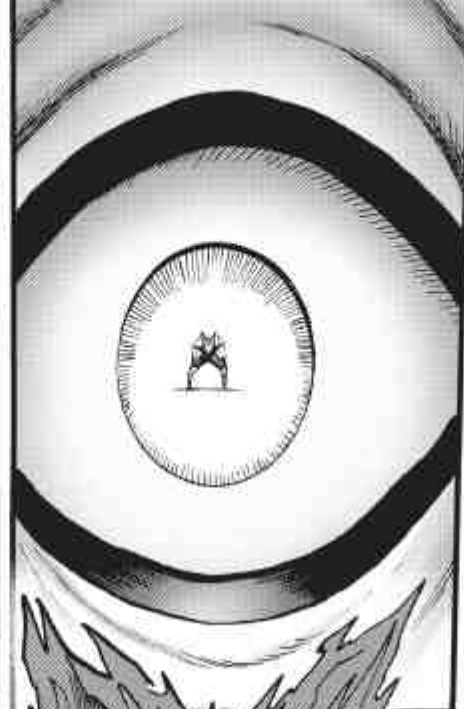












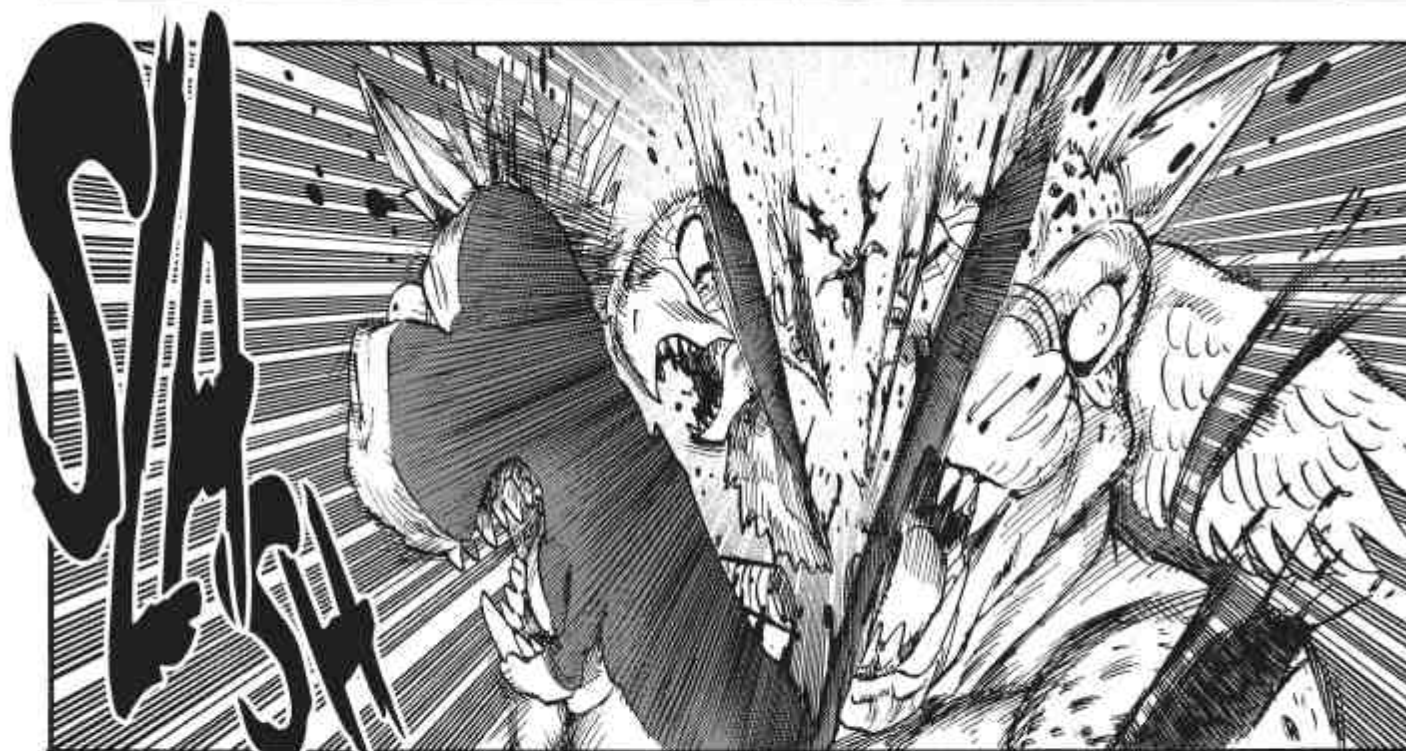
AFTER
ALL, I
ALREADY
HAD A
BUNCH OF
FRESH
HOLES IN
MY BODY.

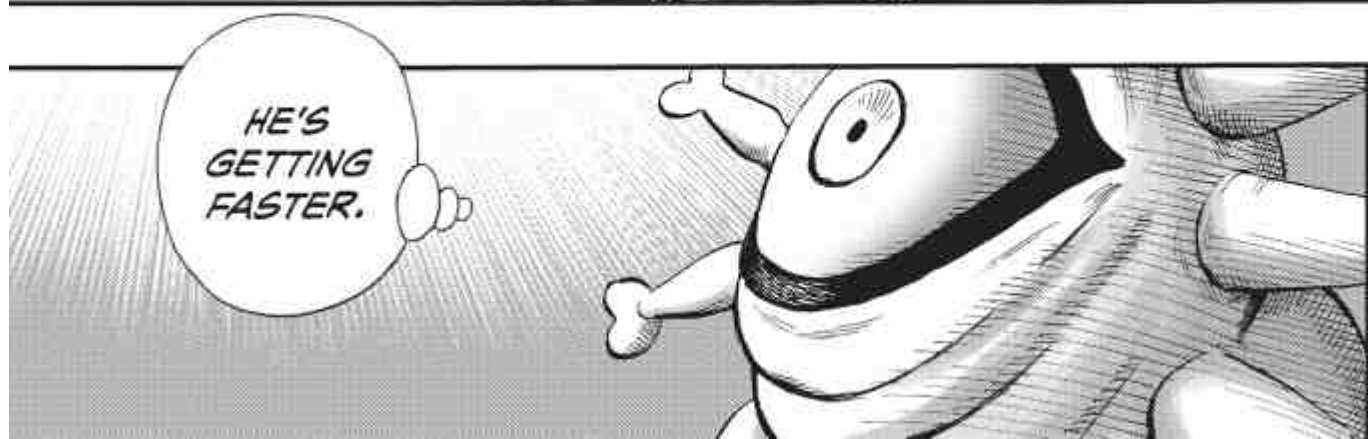
NO
PROB-
LEM.













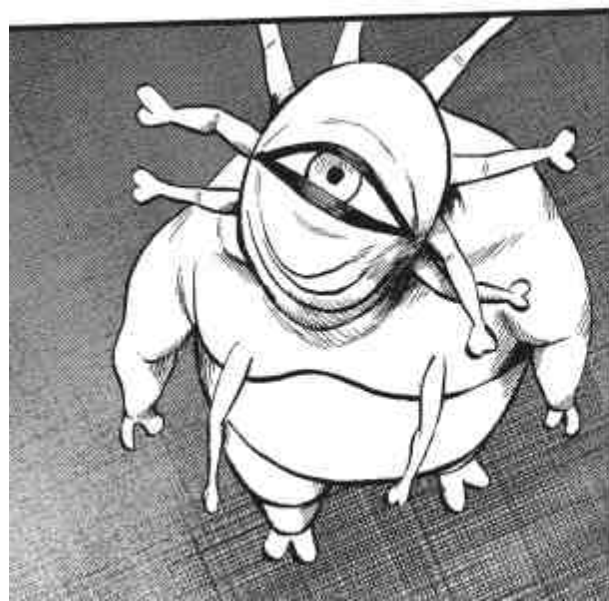




...HIS
VITAL SPOTS
WILL BE IN
THE SAME
PLACE, BUT
THEY'LL
PRESENT
BIGGER
TARGETS
!!!

IF I
GET IN
CLOSE...













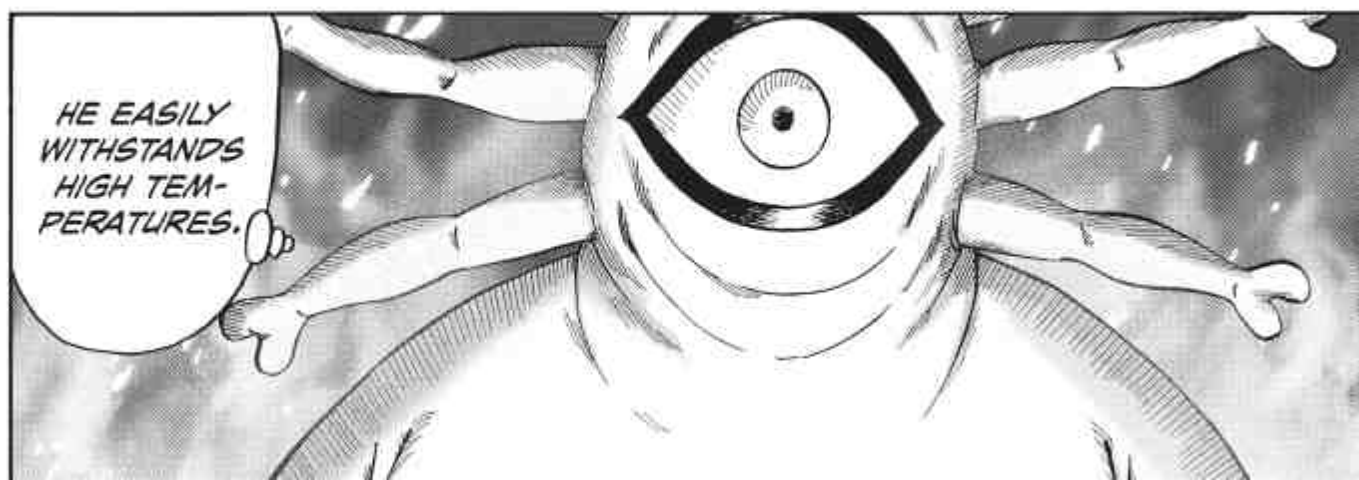
LIH-
OH!

VVWISH



W
A
A
A
A

BOOM

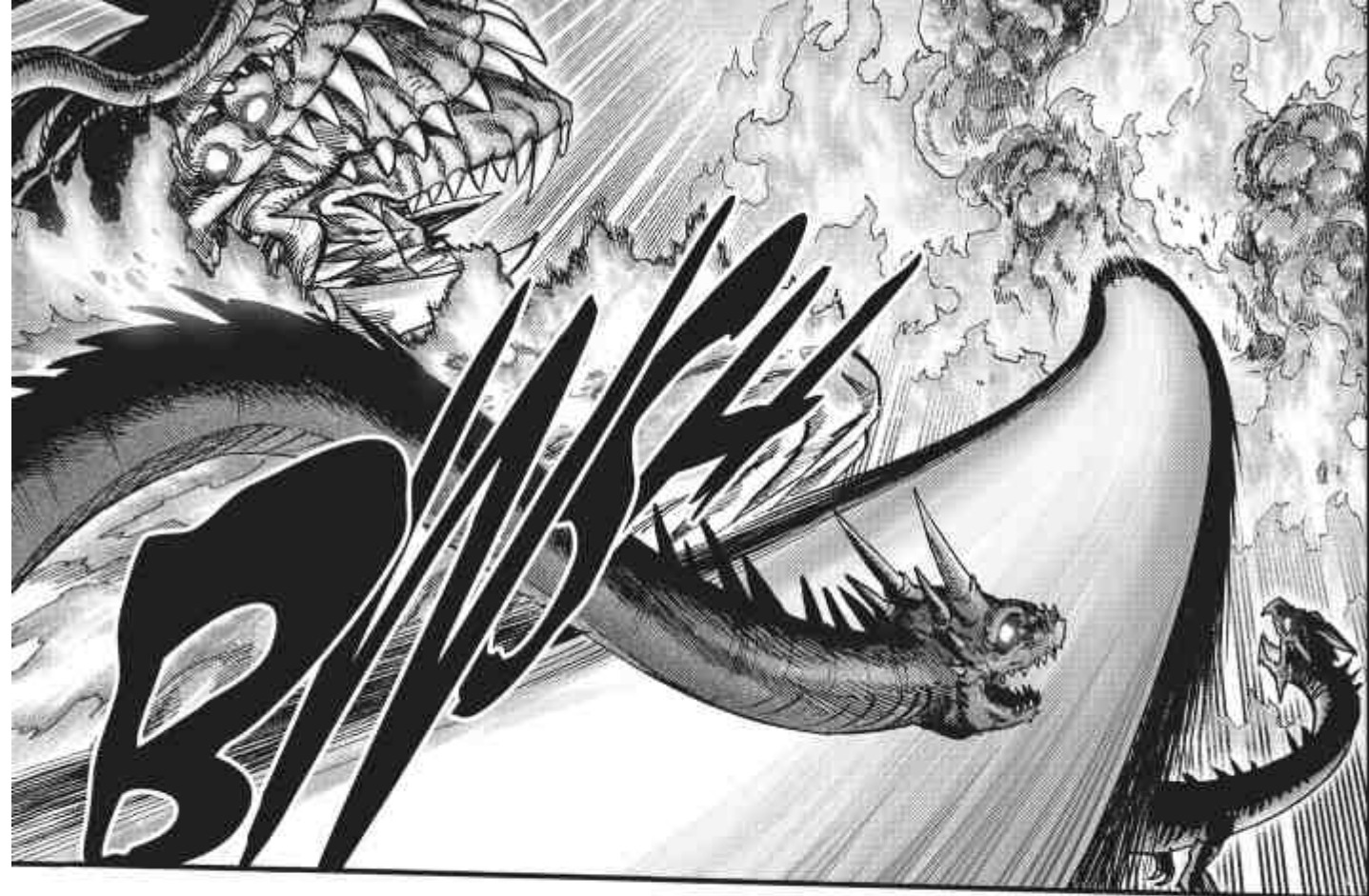






















HE
ISN'T
SCARY
ENOUGH.



...
FEAR!

...WILL
TEACH
YOU...

BUT
I...













YOU COPIED
MY MARTIAL
ARTS IN A
SINGLE
GLANCE?



GASP!



IN
THAT CASE,
THANKS FOR
MATCHING
MY STYLE!
IT'LL MAKE
THIS EASIER!

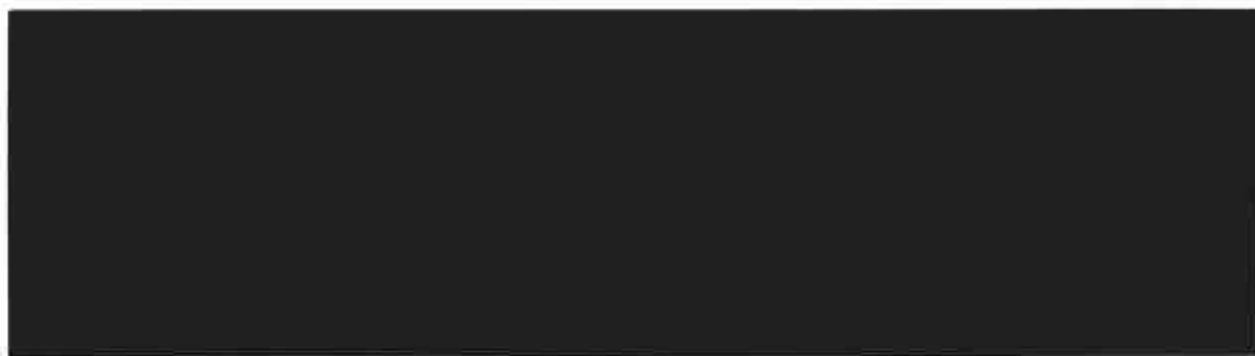


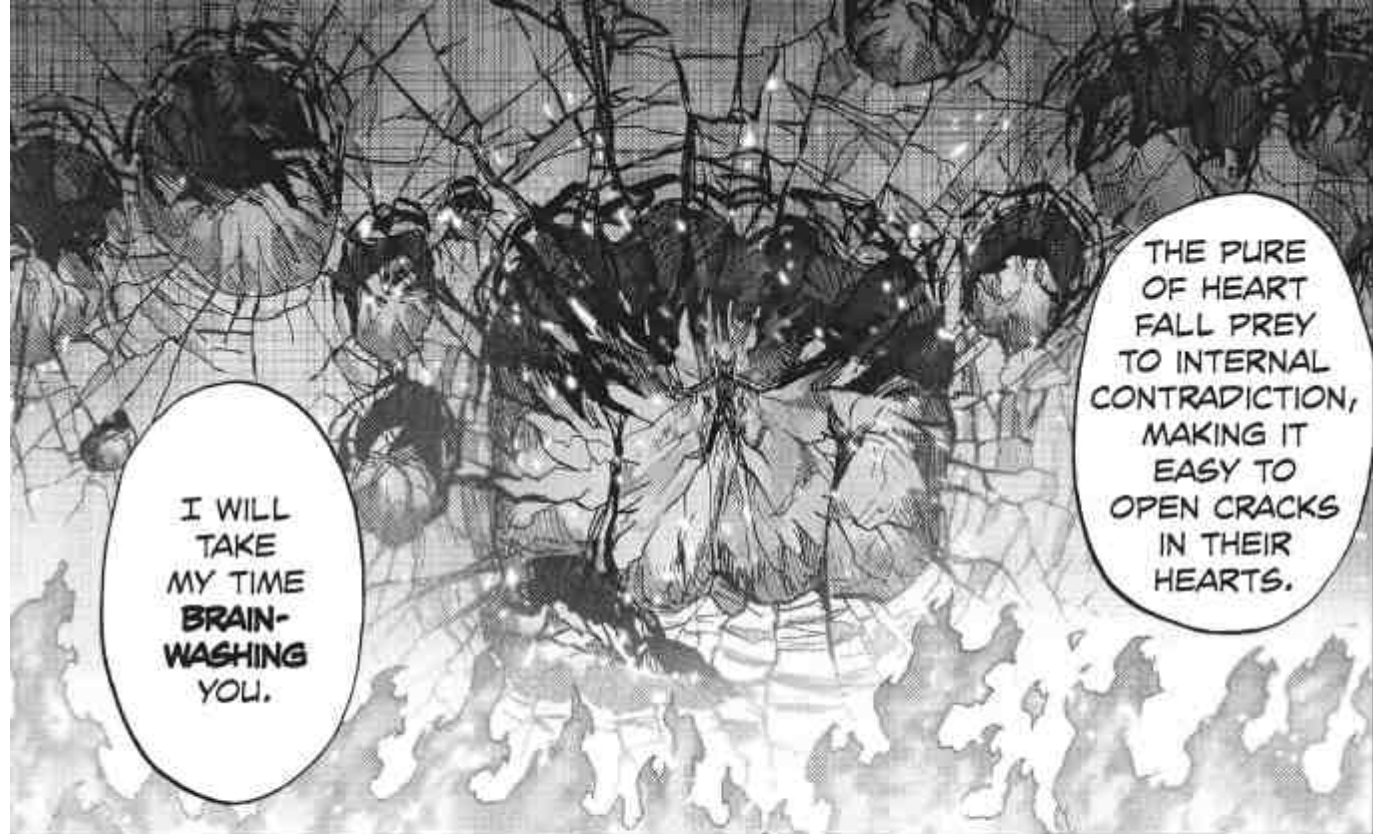


**YOU'RE
GONNA
REGRET
THIS!!!**



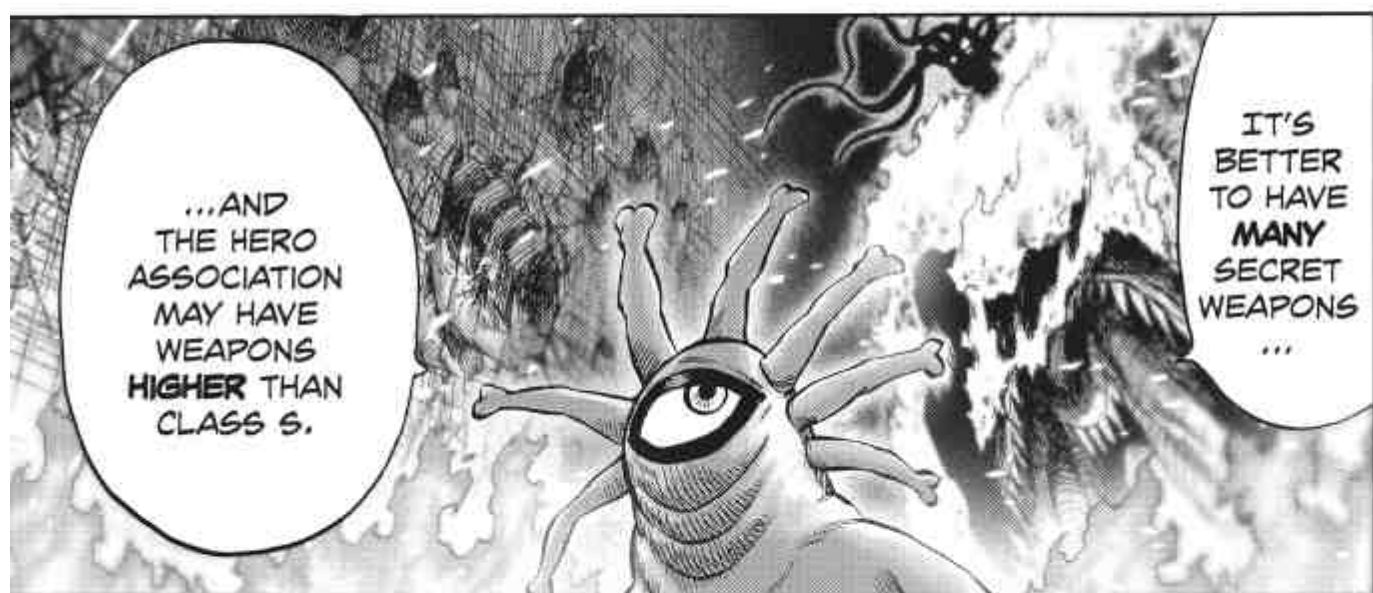






I WILL
TAKE
MY TIME
**BRAIN-
WASHING**
YOU.

THE PURE
OF HEART
FALL PREY
TO INTERNAL
CONTRADICTION,
MAKING IT
EASY TO
OPEN CRACKS
IN THEIR
HEARTS.



...AND
THE HERO
ASSOCIATION
MAY HAVE
WEAPONS
HIGHER THAN
CLASS S.

IT'S
BETTER
TO HAVE
MANY
SECRET
WEAPONS
...



仁馬齒科
5555-XXXX

金庫



HM?
IT
JUST
GOT
QUIET.

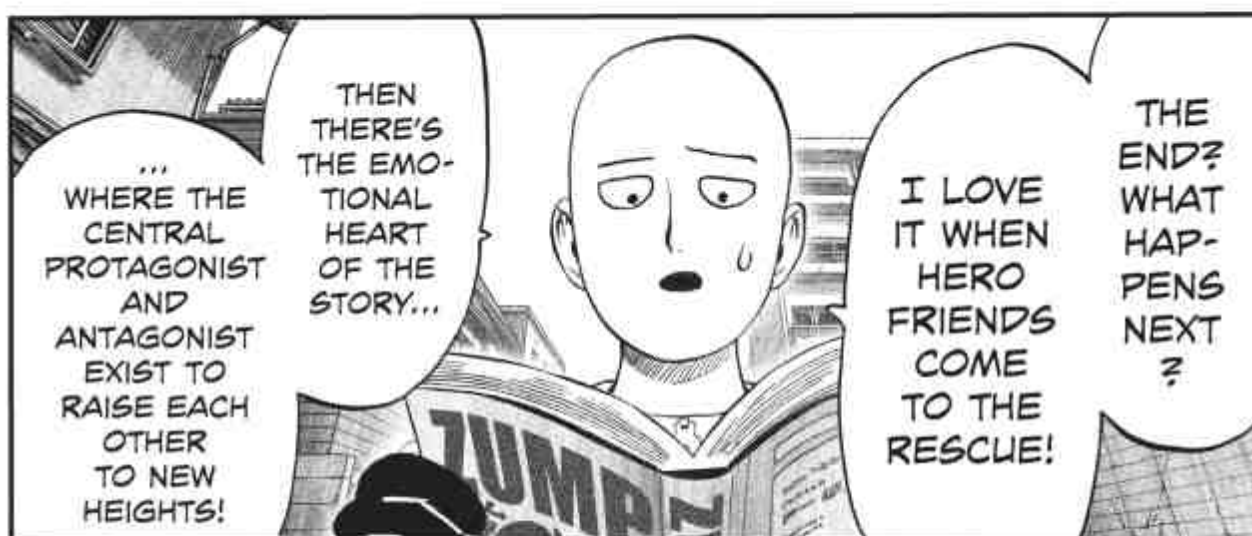
YUP,
I HEAR
SOME-
THING
DOWN
THERE.



KZZZ

...

BONUS MANGA: REALITY PUNCH





I THOUGHT
WE WAS
TOO LATE!
HE'LL
MAKE A
GREAT
SOUVENIR!

WE CAME
TA DIS
GHOST
TOWN CUZ
OF DA
RUMORS...

...BUT
THERE'S
STILL
HUMANS
HERE?!

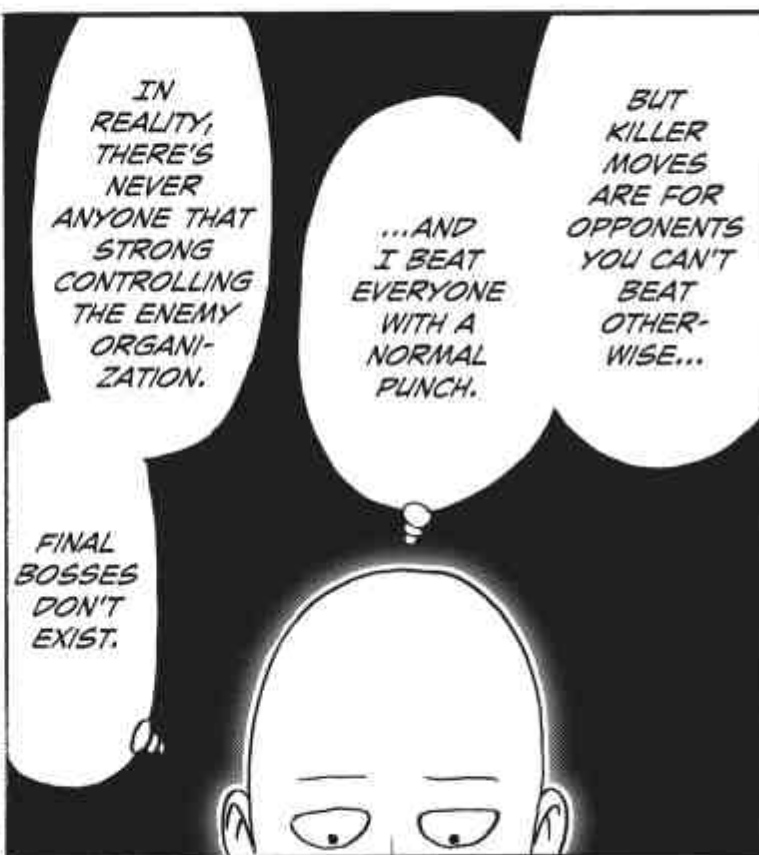


I WISH
I HAD
SUPER-
POWERS
LIKE IN
THAT
MANGA.



WHAT'S HE
READING?
A MAP?

HE
ISN'T
PAYING
ANY
ATTEN-
TION!



IN
REALITY,
THERE'S
NEVER
ANYONE THAT
STRONG
CONTROLLING
THE ENEMY
ORGANI-
ZATION.

...AND
I BEAT
EVERYONE
WITH A
NORMAL
PUNCH.

BUT
KILLER
MOVES
ARE FOR
OPPONENTS
YOU CAN'T
BEAT
OTHER-
WISE...

FINAL
BOSSSES
DON'T
EXIST.



HE'S
PRETENDIN'
TA NOT
HEAR!
HE'S
CHICKEN!

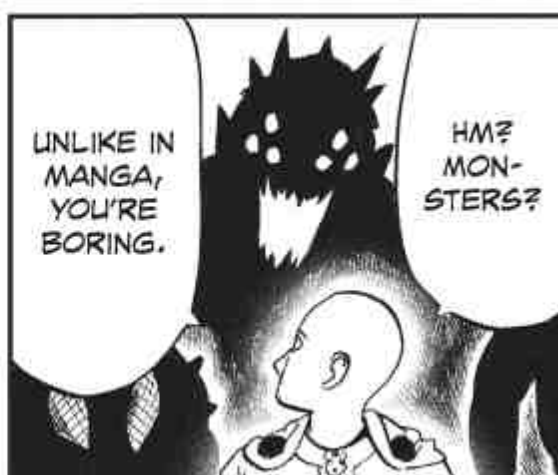
HEH
HEH
HEH
...

...

IS THAT
A HERO
COSTUME?!

HEY!
WHAT'RE
YOU
DOIN'?







The other
two went
back to
their turf.

19 All My Cabbage (End)

I
KNEW IT.
HAAA...

END NOTES

PAGE 41, PANEL 3:

The character on King's hat means "king."



ONE-PUNCH MAN

VOLUME 19

SHONEN JUMP MANGA EDITION

STORY BY | ONE

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PARENTAL ADVISORY

ONE-PUNCH MAN is rated T for Teen and is recommended for ages 13 and up. This volume contains realistic and fantasy violence.

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ONE-PUNCH MAN

VOLUME NINETEEN

The Monster Association has kidnapped Tareo, the boy who admires Garo, and now Garo finds himself plunging headfirst and alone into the heart of the Monster Association's hideout. Meanwhile, the Hero Association pushes forward with its operation to rescue Waganma, while Genos and the others are living it up enjoying hot pot at Saitama's place!

